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The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

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FLAMES

SASHA THE FIRE gypsy – a trained professional fire performer – lights up the afternoon sky by spraying a large fire burst into the air as a crowd of several hundred fans look on from the Hancock-Adams Common during the City of Quincy's Presidents' Day Winterfest Feb. 20. More Winterfest photos on Page 31.

Quincy Sun Photo/Robert Bosworth

City Reviewing Emergency Plans After Braintree Fire

By SCOTT JACKSON

Quincy officials will review emergency plans for the Fore River Basin in the wake of a recent fire at the Clean Harbors waste disposal site in Braintree, and officials from the city will meet with their colleagues in Braintree and Weymouth as part of that process.

The Braintree Fire Department was called to the Clean Harbors facility – located near the Fore River Shipyard and the town's border with Quincy – where

several tractor-trailers were engulfed in flames, around 10 p.m. on Feb. 16. Firefighters from several neighboring communities, including Quincy and Weymouth, responded to the scene that night to provide mutual aid.

While firefighters were on scene battling the blaze, Braintree officials used social media to advise nearby residents to remain indoors and keep their windows closed. The Quincy firefighters' union shared that

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Koch: No Major Changes Seen In FY24 Budget

By SCOTT JACKSON

City officials will soon start putting together the proposed budget for the fiscal year that begins on July 1, Mayor Thomas Koch said recently. The mayor does not anticipate "a lot of new

things or big expansive programs" in the new budget.

Koch said he plans to present the budget for fiscal year 2024, which starts on July 1, to the City Council on the first Monday in May.

Cont'd On Page 19

Just Ducky



THIS HOODED MERGANSER was spotted in a holding pond near Crown Colony Drive. The ornate little diving duck has a bushy crest that can either lie flat or stick up like this one. Photo courtesy of Laurel Blanchard/Quincy.

Council On Aging March Activities, Events - Page 7
Fundraiser For Family Displaced By Fire - Page 17
Watch Out For Tax Season Scams - Page 32



More Quincy news:

The Quincy Sun.com



SENIOR MALLORY RIMOVITZ (left) and junior Matt Hollatz are cast as Audrey and Seymour in the Quincy High School Drama Club's presentation of "Little Shop of Horrors." Show dates are Friday and Saturday, March 17- 18 and March 24-25 at 7:30 p.m. at Quincy High School.

QHS Drama Club To Present "Little Shop Of Horrors" March 17-18, March 24-25

The Quincy High Drama Club will present "Little Shop of Horrors" Friday and Saturday, March 17-18 and March 24-25 at 7:30 p.m. at the high school, 100 Coddington St., Quincy.

Tickets are \$12 general admission and \$5 for students.

Before Disney's Aladdin and the Little Mermaid, Alan Menken and Howard

Ashman collaborated to create "Little Shop of Horrors." They created a zany musical adaptation of the 1950s horror movie classic.

The dark comedy revolves around Seymour Krelborne discovering a plant creature from outer space. Seymour's life is turned upside down when he achieves fame and fortune because of the extra-terrestrial plant. Seymour

even has a chance of finding happiness with his long time crush Audrey. But all this success comes at quite the cost - because Seymour soon learns that what makes the plant grow is blood!

This production features such hits as "Suddenly Seymour" and "Feed Me!" This production is intended for high school audiences and older due to thematic material.

Quincy High Drama Club Presents

LITTLE SHOP OF HORRORS

Music By Alan Menken

Book and lyrics by Howard Ashman

March 17, 18, 24, 25 @ 7:30pm

Admission: \$12 General \$5 Student

100 Coddington St., Quincy, Ma 02169
Parking on Russell Park

This Production is rated an equivalent to PG-13

Little Shop of Horrors (Broadway Version) is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.MTIshow.com

Based on the film by Roger Corman. Screenplay by Charles Giffith. Originally Produced by the WPA Theatre. Ityle Rankin, Producing Director. Originally Produced at the Orpheum Theatre, New York City, by the WPA Theatre. David Geffen, Geronimo Mackintosh, and the Schubert Organization. Puppets designed by: Maria P. Roberson. Designed by: ...



ALSO CAST IN Quincy High School Drama Club's "Little Shop of Horrors" are seniors Tess Louzan and Lauren Donahue as the voice of Audrey 2. Photos Courtesy Quincy High School

Presidents' Day Winterfest Scenes



ICE SCULPTORS Craig McConnell (left) and Sam Sannie (right) use power tools to create a polar bear from 900 pounds of ice at the Presidents' Day Winterfest celebration hosted by the City of Quincy Feb. 20. McConnell is the owner of Images in Ice. They worked quickly with spring-like temperatures in the mid-50s. The demonstration was among the outdoor activities held at the Hancock-Adams Common. Other events were held indoors at City Hall and United First Parish Church. Several thousand people turned out for the festival.



SNOW QUEEN stilt walker greeted fans of all ages and posed for photos at the Presidents' Day Winterfest celebration Feb. 20 at Hancock-Adams Common. More Winterfest photos appear on Page 31. Quincy Sun Photos/Robert Bosworth

City Getting \$1.5M For Downtown Intersection, Garage

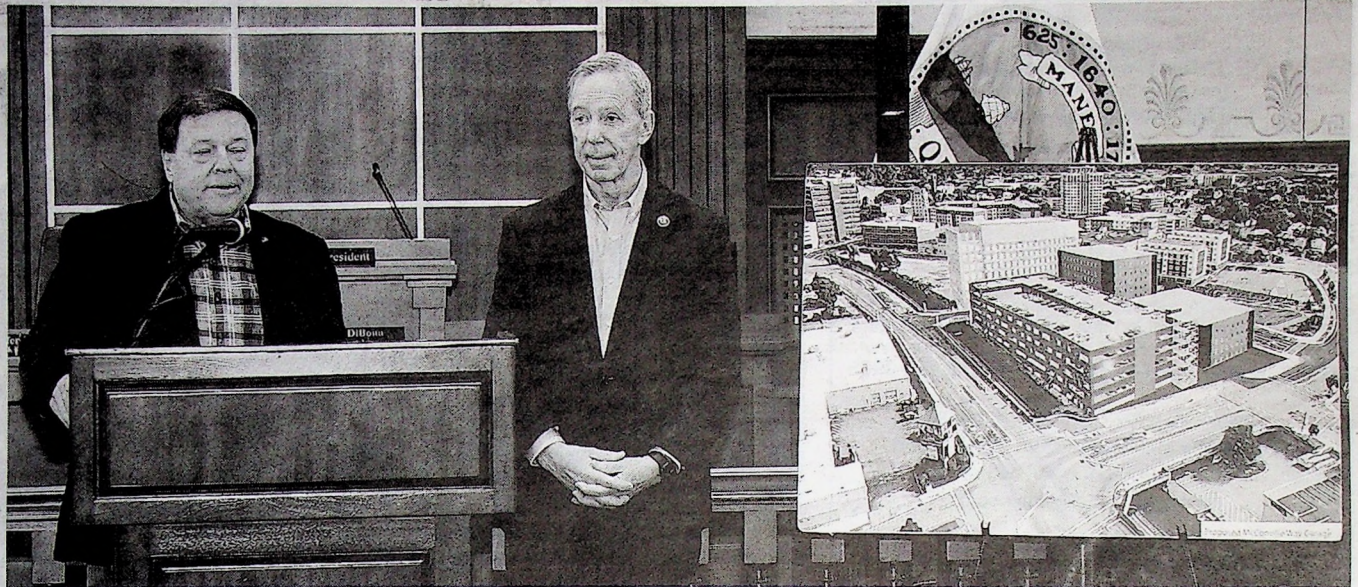
By SCOTT JACKSON

Mayor Thomas Koch and US Rep. Stephen Lynch announced Quincy would be receiving \$1.5 million from the federal government for construction of a new downtown intersection and the design of a nearby parking garage during a press conference Feb. 24 in the Great Hall of the James R. McIntyre Government Center (old City Hall).

Work on the intersection is set to begin as soon as this spring.

Koch and Lynch announced the federal funding for the projects on Feb. 24 with members of the city's delegation on Beacon Hill and city officials in attendance. The \$1.5 million was included as an earmark in the \$1.7 trillion spending package signed into law by President Joe Biden this past December.

Half of the \$1.5 million in federal funding will go toward the construction of the new intersection where Hannon Parkway meets McConville Way, which will replace the signals at the nearby intersection of Hannon Parkway and the Parkway. City officials have said that project should help



MAYOR THOMAS KOCH (at podium) and US Rep. Stephen Lynch (right) announce Quincy would be receiving \$1.5 million from the federal government for construction of a new downtown intersection and the design of a nearby parking garage during a press conference Feb. 24 in the Great Hall of the James R. McIntyre Government Center (old City Hall). At right is a conceptual rendering of the proposed garage that would be constructed between the Generals Bridge and the Paul Harold Bridge near General McConville Way.

Quincy Sun Photo/Robert Bosworth

alleviate the traffic backup on the Paul Harold Bridge and Burgin Parkway.

The remaining \$750,000 will allow the city to start the engineering and design of a new municipal parking garage that would be constructed along McConville Way between the Generals Bridge and the Paul Harold Bridge, where the IHOP restaurant stands today. Fund-

ing for the purchase of the IHOP property was included in the district-improvement-financing (DIF) bond approved by city councillors last year; the city has not yet completed that acquisition.

Speaking at the recent announcement, Koch said

the ongoing work to redevelop Quincy Center has been a collaborative effort between the city, state and federal governments that began more than a decade ago.

"The downtown has made great progress but has

been truly a team effort in every way," Koch said.

The mayor said that while he and the congressman sometimes disagree — Koch is an independent and Lynch a Democrat — they are able to work together for the betterment of the people

they represent.

"We're getting things done for the people, and that's what people expect of us. We can have differences, but get the job done," Koch said. "I think the proof is in the pudding, what we're

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Winter Sale Continues At Mite Box Thrift Shop

The Mite Box Thrift Shop winter sale will continue through Saturday, March 4th. The shop is located at the Parish of St. Chrysostom, 1 Linden St., Quincy.

All winter coats, sweat-

ers, and selected items will be 50 percent off original prices. A few spring items will also be ready for sale.

Shop hours are 10 a.m. to 3 p.m. Mondays and Wednesdays as well as Saturday, March 4.

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Moments in time

THE HISTORY CHANNEL

• On **March 17, 1756**, St. Patrick's Day was celebrated for the first time in New York City at John Thompson's Crown and Thistle public house. Interestingly, Thompson was nicknamed "Scotch Johnny," and his tavern was only part-time Irish.

• On **March 16, 1834**, Charles Darwin, on the HMS Beagle, anchored in the British-owned Falkland Islands for the first time, to carry out a zoological survey. At first unimpressed by the desolate landscape, he soon discovered fossils of about 400 million years old, most of which are now housed in London's Natural History Museum.

• On **March 19, 1916**, eight Curtiss "Jenny" planes of the First Aero Squadron were used in support of the 7,000 American troops who had invaded Mexico with the intent of capturing Mexican revolutionary Pancho Villa, marking the U.S.' first use of air combat.

• On **March 18, 1922**, British lawyer Mohandas K. Gandhi was sentenced to prison in India on the charge of civil disobedience after urging for mass civil disobedience, including boycotts of British educational institutions and law courts and foreign-made goods. His speeches always emphasized the wrongness of physical violence. He served just two years of his six-year sentence.

• On **March 15, 1956**, the musical "My Fair Lady" made its Broadway debut. Based on George Bernard Shaw's play "Pygmalion," it starred Rex Harrison and Julie Andrews in the lead roles of domineering Professor Henry Higgins and his protegee, the equally strong-willed but good-hearted Cockney flower seller named Eliza Doolittle. It was an immediate smash hit.

• On **March 13, 1997**, a heated debate was launched among believers in UFOs when a series of unidentified lights appeared above Phoenix, Arizona. It was later revealed that the lights were not from alien aircraft, but illumination flares dropped from a U.S. Air Force plane.

• On **March 14, 2014**, it was announced that public transportation systems in Paris, France, would run for free for three days in an effort to combat the heavy smog and air pollution the country was experiencing due to unseasonably warm temperatures. (c) 2023 King Features Synd., Inc.



Growing papaya

For these plants you will need a frost-free climate, lots of sunlight, water and very good soil. Cut a papaya in half, scrape out the seeds, and sow them in the location you've chosen. Some will be "male" (long, thin stalks with several small blooms) or "female" (single blooms, bigger, and very close to the trunk); you only need one male for every 10-15 female plants. They flower at about 3 feet tall. You may be picking the first ripe fruit within 10 months.

Brenda Weaver

MA Treasurer Goldberg Reappoints Deputy Treasurers

Massachusetts Treasurer Deborah B. Goldberg announces the reappointment of the following people as deputy treasurers:

James MacDonald, First Deputy Treasurer: As CEO of the Massachusetts School Building Authority (MSBA), Jim MacDonald has served as First Deputy Treasurer since 2011.

Sarah Kim, Deputy Treasurer: As General Counsel to the Office of the State Treasurer and Receiver General, Sarah Kim has served as Deputy Treasurer since 2017.

Alayna Van Tassel, Deputy Treasurer: As the Executive Director of the Office of Economic Empowerment, Alayna Van Tassel has served as Deputy Treasurer since 2015.

Sue Perez, Deputy Treasurer: As the Executive Director of the Massachusetts Clean Water Trust and overseeing the Commonwealth's



STATE TREASURER Deborah Goldberg (center) recently reappointed five deputy treasurers. They are (from left to right) Sue Perez, Sarah Kim, James MacDonald and Alayna Van Tassel.

Courtesy Photo

Debt department, Sue Perez has served as Deputy Treasurer since 2017.

Goldberg said the ap-

pointments highlight the her economic empowerment for commitment to an agenda citizens and communities of fiscal responsibility and across the Commonwealth.

MBTA Launches Online Safety Dashboard; Public Can See Status Of FTA Special Directives

The MBTA has launched an online safety dashboard that allows the public to see the status of the T's progress in responding to the Federal Transit Administration's (FTA) Safety Management Inspection (SMI) Special Directives.

The new dashboard includes a description of each Corrective Action Plan, what it is intended to correct, the MBTA's analysis, recommendations, and the status of steps being taken to address the FTA's Special Directives.

To view the dashboard, visit www.mbta.com/FTAResponse.

"This public-facing dashboard will allow everyone to learn about the progress the MBTA is making to improve the safety and reliability of the system," said Transportation Secretary and CEO Gina Fiandaca. "MBTA management recognizes the important role the T plays in the daily lives of the communities served, that service is critical, and with this dashboard the MBTA will be transparent about efforts underway to address the FTA findings."

"The dashboard will be updated monthly, and new features added as the T progresses towards addressing each Special Directive. This work will support safety as a core value by communicating and building the infrastructure and organizational framework that will allow us to move forward," said MBTA Interim General Manager Jeffrey Gonn-

eville.

The MBTA developed 38 Corrective Action Plans and 545 Action Items that detail how it will address each FTA Special Directive and implement safety improvements across the organization. The T has completed 36 percent of its overall action items to date.

In addition to information on the status of FTA Special Directives, the dashboard also includes a Speed Restriction Report that will be the basis for a new Speed Restriction dashboard that will be launched by the T in March. The Speed Restriction Report is an interim step as the T builds out the fully functioning Speed Restriction dashboard that will be updated daily to provide riders with the most up-to-date information available on location, speed limits, and distance for each speed restriction along each subway line.

The FTA released its SMI findings for the MBTA in August 2022. The report covered all rail transit and safety disciplines and included a review of rail transit operations, training, vehicle maintenance, signals, train control, and track access. It also covered capital project delivery, traction power, facilities, and safety management.

For more information about the MBTA, visit mbta.com, or connect with the T on Twitter @MBTA, Facebook / TheMBTA, Instagram @theMBTA, or TikTok @themtba.

A Message From The Association Of Mature American Citizens Come On All You Seniors, Get Happy And Healthy!

By JOHN GRIMALDI

If you are a senior living in Massachusetts, Colorado or New Jersey you are likely to be physically active or, at least, searching the internet for fitness advice. New research by the online consumer price-tracking website, Pricelisto, has identified the citizens of those three states as having the highest average monthly search for fitness advice over the last 12 months.

That's a good thing, according to the Centers for Disease Control [CDC], which recommends that the older you get the more you need to exercise. "Adults aged 65 and older need at least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate intensity activity such as brisk walking. Or they need 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running," says the CDC.

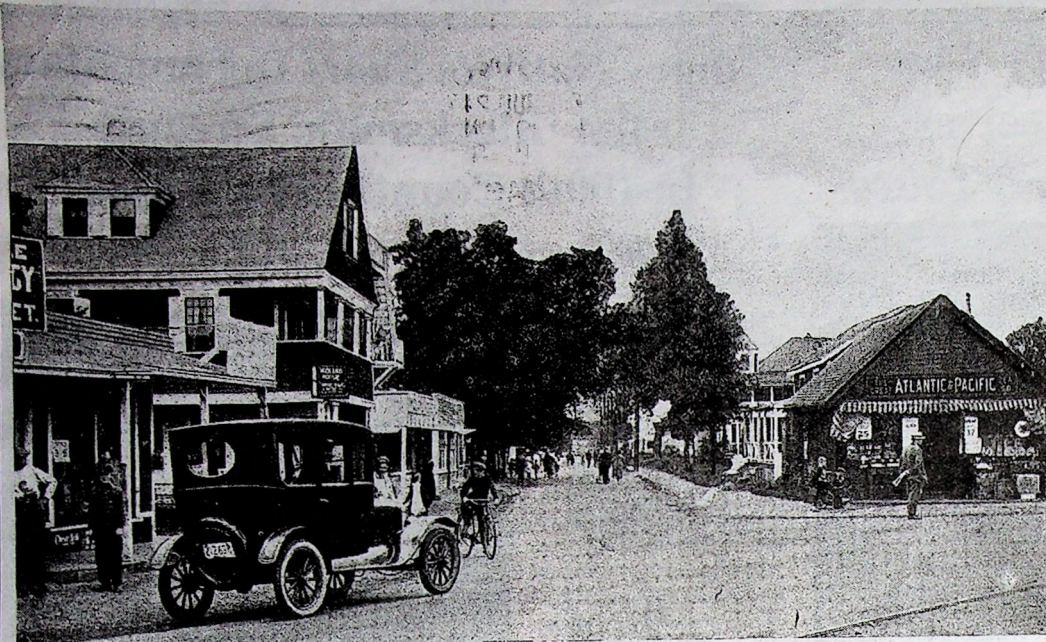
"So, get up and get active," says Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC]. "Sure, you'll find some older folks who might prefer to sit out their senior years, but, for the most part, the elders among us — and there are a lot of them — choose 'not to go gently into that good night,' as poet Dylan Thomas put it." She's not suggesting that we run the "four minute mile," rather, Weber says that moderate exercise will help you live

your doctor for exercise advice. You'll probably be surprised how easy it can be. Simple, brisk walks, for example, might be all you need to help you live a longer, healthier life."

Physical Therapist Rachel Tavel and Sabrena Jo, Ph.D., senior director of science and research at the American Council on Exercise, penned a featured article, A Guide To The Best Exercises For Seniors, for Forbes Magazine recently. As they put it, "When it comes to determining the best exercises for seniors, variety is key. Adults of all ages — but especially people older than 65 — should focus on a combination of strength and mobility exercises, as well as balance exercises and aerobic activity. However, the best exercises for seniors are the ones they want to do and will do consistently." They suggest things like taking a stroll, going for a bike ride, even dancing and taking a nature walk for two and a half to five hours a week.

And, by the way, getting out and about as you focus on exercises that make you physically healthier in your golden years has an important additional benefit. The National Institutes of Health tells us that "exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal."

Scenes From Yesterday



THIS IS A 1926 postcard view looking down what is now Macy Street from its intersection with Sea Street in Houghs Neck. Macy Street was known then as Center Street. Very little remains the same in this view today. The Atlantic & Pacific (A&P) grocery store, which was

one of 12 in Quincy at the time, is now the site of the Houghs Neck Community Center. The large building on the left was the Midland Hotel and is now the site of two houses. All the stores on the left are gone as well.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1959
64 Years Ago

Budget Cuts Reach \$110,209 After \$60,224 Slashed From DPW

Total cuts in Quincy's record \$18 million budget reached \$110,209 when the Finance Committee sitting in its second consecutive Saturday all-day session, sliced \$60,224.37 from the appropriations Mayor Amelio Della Chiesa had approved for the Public Works Department.

The cuts made thus far in the budget will ease the tax rate by about 66 cents.

Meanwhile, the important question of whether or not the city will let the trash collection out on compact and the adoption of work program of capital improvements for the Public Works Department are still to be determined. (Editor's note: Both the collection of trash and the collection of garbage, which was collected independently, were both contracted out to private contractors during the Della Chiesa administration.)

AREA BARBERS TO VOTE ON \$1.75 HAIRCUT

Haircuts are up to \$1.75 in most union barbershops in Boston today, but prices in Quincy and other South Shore towns remain unchanged at \$1.50, at least temporarily.

Four hundred barbers from the Greater Boston-area attended a mass meeting on the price question. Their vote was in favor of a 25-cent increase on all cuts. Men's haircuts went up to \$1.75, fancy cuts to \$2, children's haircuts to \$1.50 and shaves to \$1.25.

Vincent Pepe, president of Local 699 of the Associated Master Barbers, said that he would ask members at the Local's monthly meeting whether they would go along with the Boston prices.

QUINCYISMS

Capitol Supermarkets, 1508 Hancock St., was offering "Swift's Premium Forequarter Lamb Chops for 59 cents a pound, Save 30 cents a pound"... A daughter was born to **Mr. and Mrs. John Belcastro**, 169 Marlboro St., Wollaston... Gilchrist's Beauty Salon, Parking Area, Quincy Center, was offering "Complete Hair-Do-Over's for \$7.45, Regular Price \$12.50"... A surprise 15th birthday party for **Brenda Frazier**, daughter of Mr. and Mrs. Albert Frazier of 9 Homestead Ave, Houghs Neck, was held at her home. Guests enjoyed dancing and pizza. Guests included **Gail Craig**, **Gail Trubiano**, **James Bragg** and **Kenneth Reynolds**... Councillor at-Large and **Mrs. David McIntosh** returned home after a 10-day trip to Florida. They were accompanied by their grandchildren, **David** and **Nancy MacIntosh**... Republican State Committeewoman **Mrs. Alice Jenness** presented a new charter to the Quincy Republican Women's Evening Club... **Ingrid Bergman**, **Curt Jurgens** and **Robert Donat** were appearing in the "Inn of the Sixth Happiness" at the Strand Theater, Chestnut St., Quincy Center... **Louise A. Coury**, 35 Elm Ave, Wollaston, a junior at Jackson College at Tufts University, was named to the Dean's List for the past semester... **Louise Collins**, 106 Nightingale Ave., South Quincy, a sophomore at North Park College, Chicago, Ill, made the honor roll for the first semester...

Alexander Smith, city auditor for the city of Quincy since 1950, was re-elected to another three-year term by an 8-1 vote of the city council. The post pays \$9,450... **William J. McMahon**, 18 Ridgeway St., Wollaston, was elected secretary-treasurer of the New England Hardware Associates. Mr. McMahon has been associated with the steel and hardware industries for 50 years... **Judge Gertrude Halloran**, Associate Justice of the Quincy District Court, was the guest speaker of the St. Coletta's Guild meeting: Her topic "District Court Highlights"... **Fratus Pontiac**, 400 Hancock St., North Quincy, was offering a pre-owned 1953 Pontiac, Catalina Hard-Top for \$695... Public Finance, 67 Parkingway, was advertising "Loans in One Day, \$25 to \$1,500 on Your Name Only"... **Edward C. Webby** was awarded his Eagle Scout pin at ceremonies held at the Union Congregational Church, Wollaston... Boy Scout Troop 11 and Cub Scout Troop 11 of the St. Chrysostom's Church attended the annual Blue and Gold banquet. A check for \$50 was presented to **Rev. Frank Greene** on behalf of the Scouts and Cubs.

READERS FORUM

More Readers Forum On Page 25

With The Legalization Of Marijuana, We Need To Protect The Health Of Youth

Education is essential for young and old when it comes to the eye's health, eye movement and the use of marijuana products. Massachusetts recently made requirements for youth and driver's education by mandating an educational program provided by AAA. This is an excellent start. Having education about the positives and negatives would benefit all ages.

Dr. Carolann Speranzo wrote an excellent summary of work done related to the study of eye movements and input into decision making. "Eyes Not Just The Window To The Soul" accurately described the substantial influence eyes and eye movement have on brain function. The visual information starts in the retina and travels through the optic nerve to numerous parts of the brain. If the regions in the brain that further process eye movement have been damaged in any manner, the eyes cannot "be a gateway for decisions, learning and health". That the eye movements are impaired has long been known for many diseases such as Parkinson's disease, Alzheimer's disease, and Huntington's disease; what is lesser known is that marijuana impairs eye movement both with acute use, but also with chronic but abstinent use of marijuana.

IMMAD Impairment Marijuana and Driving is a small bioscience company in Quincy. I have decades of research experience specific to sensory impairment and driving. IMMAD is a Massachusetts Cannabis Control Commission Social Equity business related to a research license. My National Institutes of Health (NIH) research has included the study of retina and eye in Alzheimer's disease. I have also had funding to study Parkinson's disease. IMMAD is currently studying marijuana use and retinal function. IMMAD has had NIH funding for this and currently I have National Institutes of Justice funding. We will be actively recruiting for participants in the spring.

Our work relates to retinal changes and dysfunction. Marijuana substantially impacts eye movement. With casual marijuana use the dysfunction is primarily from the retina signal and is temporary. A fully developed adult using moderate doses of marijuana is not likely to be vulnerable to long term effects of legally obtained marijuana. Sadly, with dabbing use (highly concentrated products) the dysfunction observed in abnormal eye movements may be permanent as animal studies show that high levels of marijuana are toxic to the brain superior colliculi and kill the cells. These brain regions control motor eye movement. Early adolescent use of even regular concentrations of marijuana, damages brain development of the brain orbitofrontal cortex regions. These regions control visual signal input/output decisions. These abnormal developments result in smaller structures and are permanent. Harvard based research has shown that early adolescent marijuana users have impairments of functions critical for safe driving, even when not using marijuana. Other research shows abnormal function in the perception of low spatial frequency vision and motion.

Dr. Speranzo accurately described the eye's movement and function as it relates to the brain; "as an additional method of assessing a patient's health and well-being." Inappropriate, early use of marijuana impairs the neural structures in the eye pathway impacting perception and eye movement. With the legalization of marijuana, we need to protect the health of youth. Responsible use of marijuana means providing objective education so that young and old can make responsible decisions.

Dr. Denise A. Valenti

IMMAD Impairment Marijuana and Driving
1372 Hancock St. Suite 304
Quincy, MA 02169

Thank You, Mayor Koch

Thank you, Mr. Mayor for your years of service to our city. Your leadership has given us a safe, prospering, welcoming community. One built upon true, reliable foundations proven through millennia of human history.

It has been my experience, that you are always willing to listen and able to weigh ideas with wisdom and humility. In this day and time we frequently seem ready to jump to utopian ideas while at the same time failing to recognize the blessings we have inherited. Blessings we take for granted and forget how easily they are lost.

There is so much to be thankful for in Quincy. Our community is predominantly safe, clean and healthy with opportunity available to all people of good will. In addition, for anyone needing a hand with the staples of life there are

numerous resources.

Finally, Mr. Mayor, thank you for the beautiful Christmas decorations. The city, the mall was exquisite. Better than Boston!

James Rickert
Quincy

Ryan Gately On Dean's List

Ryan Gately of Quincy has been named to the Dean's List for the fall semester at Husson University in Bangor, ME.

Gately is studying for a bachelor of science degree in mass communications with a concentration in journalism.

Arts & Entertainment

Saxophonist - Composer Jonathan Suazo Quincy Musician Receives Funding From Jazz Road Tours

A Quincy musician is among 12 artists and ensembles who have received funding from Jazz Road Tours to promote and tour their artistry around the nation.

Relaunched in 2022 by South Arts with funding from Doris Duke Foundation and the Mellon Foundation, Jazz Road Tours annually supports approximately 50 jazz artists with grants ranging from \$5,000 to \$15,000 to cover a portion of tour expenses and tighten the pay gap between artists and presenters. Some of these expenses include venue and travel fees, equitable pay for the artists, or costs of management, coordination, and promotion.

Each of the artists submitted a written application and work samples, which were reviewed and selected by a panel of experts across the jazz field. Based on the artistic excellence and merit of the proposed tour, the Winter 2023 Jazz Road Artists were selected—the first of this new funding cycle.

"We are so thrilled to welcome the Winter class of Jazz Road Artists and help elevate their artistry on stages across the nation," said Drew Tucker, director of Jazz with South Arts. "Among this pool of artists, there are a range of career levels and accomplishments from debut tours and album releases, emerging American Indian artists, queer vocalists, to African American string ensembles, and Grammy-award winning composers. This class is representative of the heart and diversity that has not only carried the cultural footprint of this genre, but also its expansion."

The Winter 2023 Jazz Road Artists include Jonathan Suazo, a saxophonist and composer from Quincy. His music highlights traditional rhythms from his Puerto Rican / Dominican roots and ancestry within a Cross-Cultural Fusion container of his many musical influences.

He obtained his bach-



SAXOPHONIST - COMPOSER JONATHAN SUAZO

Photo Courtesy of the artist

elor's degree in jazz and Caribbean music at the Conservatorio de Música de Puerto Rico, and his masters degree in contemporary performance at Berklee College of Music (Global Jazz Institute). He's been taught by renowned musicians: David Sanchez, Terri Lyne Carrington, Marco Pignataro, John Patitucci, Danilo Pérez, George Garzone and Joe Lovano.

Suazo has also performed in venues such as Dizzy's Club Coca Cola, Martinique Jazz Fest, Puerto Rico Heineken Jazz Fest, SF JAZZ, Isabella Stewart Gardner Museum, The MFA Boston, and many more. He's collaborated with artists such as: Paoli Mejías, ILé, Miguel Zenón, Emil "El Hijo de Borikén" Martínez, David Sánchez, Kevin Harris, Rakalam Bob Moses, Giovanni Hidalgo, Christian Nieves, Ricky Rodriguez, Tito Matos, Ricardo Pons, Calma Carmona, William Cepeda, Jon Secada, Pedro Capó, Obie Ber-

mudez, Hans Glawischig, Humberto Ramirez, Silverio Perez, Tony Escapa, Charlie Sepúlveda and many others.

Their individual tours will officially begin as early as March 2023 and continue through September 2023, spanning cities across the U.S. like Athens GA; Brooklyn, NY; Durham, NC; Miami, FL; Madison, WI; Luquillo, PR; San Diego, CA; Albuquerque, NM; Turners Falls, MA; Alstead, NH; and more.

A core component of South Arts' national Jazz Road initiative, Jazz Road Tours is coordinated in partnership with five fellow regional arts organizations: Arts Midwest, Mid America Arts, Mid-Atlantic Arts Alliance, New England Foundation for the Arts, and the Western States Arts Federation.

Since launching in 2018, Jazz Road Tours has provided 137 artists with \$1.8M in funding to expand their footprint on a national scale. In its current application cycle, those numbers will double.

Applications to Jazz Road Tours are being accepted through 2026 with multiple deadlines per year. The next deadline is March 8, 2023. To learn more about the Jazz Road, view previous artists, and learn about funding opportunities, visit southarts.org.

Quincy Native's Short Documentary Film 'Blacksmith' Streams In 100th Country Worldwide

Frank DiCesare CEO Of Oskar Films

Quincy native Frank DiCesare is pleased to announce that his award-winning short film "Blacksmith" has now been streamed in 100 countries around the world.

According to data collected from the film's distributor, Filmhub, the 16-minute poetic documentary about Blacksmith Rob Flurry of Beaumont, Texas, reached the milestone earlier this month.

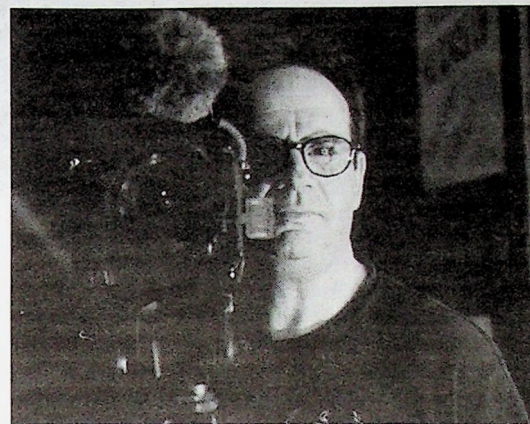
"Reaching streamers in virtually every corner of the world has been an extraordinary experience for me and everyone involved in the making of 'Blacksmith,'" said DiCesare, who is president & CEO of Oskar Films in Lakewood Ranch, Fla. "We are grateful for our viewers, sponsors and all those who have helped make 'Blacksmith' the online success it is today."

Since its online debut in May 2018, "Blacksmith" has been streamed by viewers in North America, Central America, South America, the Balkans, Western Europe, Eastern Europe, Russia, Scandinavia, the Middle East, Africa, Asia, the Caribbean, and Oceania. "Blacksmith" is the first film from DiCesare and his production company, Oskar Films.

In 2018, "Blacksmith" won the Special Jury Remi Award at 51st WorldFest - Houston International Film Festival. The festival's award is given to films that score a 96 out of 100 points in 10 categories of filmmaking. "Blacksmith's" award was in the category of short documentary (under 60 minutes).

According to WorldFest, previous Remi Award winners include Steven Spielberg, Francis Ford Coppola, George Lucas, Brian De Palma and Ridley Scott. The award is named for American artist and sculptor, Fredrick Remington.

"Blacksmith" highlights the work of Rob Flurry, the resident blacksmith at the Spindletop-Gladys City Boomtown Museum (<http://www.lamar.edu/spindletop-gladys-city/index.html>) in



FILMMAKER FRANK DICESARE



Beaumont, Texas. Unlike the blacksmiths portrayed in the media today, Flurry's craftsmanship is that of the old-school artisan - no expensive equipment; no modern forge in which to work. Instead, Flurry relies solely on nature's elements of fire, iron, air, and water (along with his own strength) to hammer out beautiful creations within the smoky furnace of his shop.

"Blacksmith" is the debut documentary from Frank DiCesare and Oskar Films. He is currently in production on a new short, poetic documentary, "Gardens of Life," which is being shot entirely on Kodak Super 8 film.

For more information on "Blacksmith," visit Os-

karFilms.com or its IMDb page.

To learn more about "Blacksmith's" sponsors, visit the Southeast Texas Arts Council at <https://setx-ac.org> and the Beaumont Convention & Visitors Bureau at <https://www.beaumontcvb.com>.

Frank DiCesare was born in Quincy and graduated from Stonehill College with a bachelor's degree in English. He also holds master's degrees in English and English Education from Seton Hall University and Boston University, respectively.

A veteran journalist, his work has appeared on PBS and in U.S. News & World Report, National Geographic Traveler, Forbes Travel Guide, The Boston Globe, The Dallas Morning News and many other publications. In 2017, he turned his attention to documentary and filmmaking and formed Oskar Films, a division within his creative services firm, DiCesare Media Company.

Two Quincy Students On U. Of Hartford Dean's List

Two students from Quincy have been named to the Dean's List for the fall semester at the University of

Hartford in West Hartford, CT.

They are: Rachel Liu and Julia O'Leary.

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5 School St., Quincy
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Color	\$50 ⁰⁰
Hair Cut & Blowdry	\$28 ⁰⁰
Matrix Perm	\$60 ⁰⁰

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Library Bookstore Holding \$5 Bag Sale

For the first week in March, the Crane Library Bookstore is again offering its Media-Madness \$5 Bag Sale on all DVDs and CDs.

On Thursday, March 2nd from 6 to 8 p.m. and on Saturday, March 4th from 10 a.m. to 4 p.m., patrons can purchase a 14 x 9.5 x 10" paper bag for only \$5 and fill it with an excellent assortment of gently-used DVDs and CDs of the customer's personal choices.

Because the bookstore has received so many donations of DVDs such as films, TV shows, and all genres of music, the shop's shelves are overflowing with media to entertain adults and children, so come and pack your bag with winter pastimes.

If reading is more your preference, a wide variety of fiction and non-fiction hard cover books sell for \$2 and paperbacks for \$1, with even lower pricing for children's books and mass-

market paperback novels.

Bookstore sales of gently-used materials support the library's diverse community programs not funded by the city, such as movie screenings, how-to programs, concerts, museum discounts and passes, public lectures, and the all-important special events for children and teens.

Open on Thursday evenings from 6 to 8 p.m. and on Saturdays from 10 a.m. to 4 p.m., the intimate shop located at the rear of the library with its own entrance on Spear Street is managed and staffed completely by volunteers and welcomes all those interested in helping out.

The bookshop accepts donations of books and media in re-sellable condition. Materials in poor condition, magazines, encyclopedias, textbooks, outdated reference books or computer software and games cannot be accepted.



RESTAURANT MARKS 40TH ANNIVERSARY – Mayor Thomas Koch recently visited LaPaloma Restaurant, 195 Newport Ave., Quincy and presented a proclamation in recognition of the restaurant's 40th anniversary. From left to right are: Stephen Dwyer, Julio Castro, Cristó Canenquez (chef), Mayor Koch, Meg Zimmerman, Jorge Chacon, Tammy McGregor, Janet Dentino and Michael Walsh. The mayor's proclamation noted that LaPaloma opened in February, 1983 with just 30 seats and a pick-up window inside the restaurant for food with no liquor license and the founders were two women – Nancy Goodwin and Barbara Mallernee, who were friends from the Army Nurse Corps. After their military service they decided to open a Mexican restaurant based on Mallernee's heritage and knowledge of Southwest cooking. In 1986, Barbara decided to move so she sold to Michael Walsh and a few years later Nancy decided to retire. At that time Stephen Dwyer stepped in as co-owner with Michael (and both are still partners to this day). Several years later LaPaloma obtained a liquor license and expanded their seating capacity. The restaurant's chef has been at LaPaloma for 38 years and the waitresses have been there for more than 20 years. "They have been successful because their staff that show up day in and day out; they are a dependable 'one big family,'" the proclamation noted. The restaurant was voted the best Mexican Restaurant in 2022 and Tom Brady, Willie McGinest and Chris Slade once ate at La Paloma when they were New England Patriots.

Courtesy Photo

March Quincy Council On Aging Events, Activities

By **MARIE FERENT**
Assistant Director
Quincy Elder Services

The Quincy Council on Aging announces the following events are scheduled during the month of March.

The COA is located at the Kennedy Center, 440 East Squantum St., North Quincy.

Happiness and Longevity

Wednesdays, March 1st, March 8th,
March 15th and March 22nd at 10 A.M.

Studies have shown that people with a positive mindset tend to live longer than those who don't. Learn how happiness can enhance your longevity and so much more. This is a four-week session with each session lasting from 10 to 11:30 a.m. Each session will share happiness skills that can be applied during life's ups and downs. This course is offered by Tufts Medical Center's Debbie Lyn Toomey, MSN, RN. Please call 617-376-1506 to register.

Computer Classes

Grace Buscher 2nd and 4th Wednesdays
from 1:30 - 2:30 P.M.

Individual Appointments first and third Wednesdays by appointment from 1-3:30 p.m.

Individual Appointment times on Thursday by appointment 9 - 11:30 a.m.

Grace has added more one on one appointments time slots on the first and third Wednesday of every month in addition to the Thursday dates. Please call 617-376-1506 to make an appointment.

Wednesday, March 1st - Individual Appointments
Thursday, March 2nd - No Computer Classes
Wednesday, March 8th - Phones and Tablets Class
Thursday, March 9th - Individual Appointments
Wednesday, March 15th - No Computer Class
Thursday, March 16th - Individual Appointments
Wednesday, March 22nd - Virtual Assistants (Siri, Alexa, Google) Class

Thursday, March 23rd - Individual Appointments
Wednesday, March 29th - Common Scams Class
Thursday, March 30th - Individual Appointments.

Book Club

Thursday, March 2nd at 1:30 P.M.

The book club meets the first Thursday of every month at 1:30 p.m. The book for March is "Tinkers" by Paul Harding. The book for April will be "The Magnificent Lives of Marjorie Post" by Allison Pataki.

Nails to You Manicures

Friday, March 3rd and Friday, March 17th

Join us for a manicure event at the Kennedy Center. Manicures will be \$15 payable to Nails to You on the day of the event. Nails to You will now be at the Kennedy Center twice a month for manicure appointments. LeeAnn will now be offering Dazzle Dry which is a healthy alternative to gel. It is long lasting, vegan, healthy and completely dry

in 5 minutes. Dazzle Dry Manicures will be \$20 and regular Manicures will remain at \$15. Please call 617-376-1506 to schedule your appointment.

Stress First Aid

Monday, March 6th at 10 A.M.

Learn how Stress First Aid (SFA) can help you to manage your stress and support others experiencing stress in a new way. Attend this 1.5 hour training and learn how to improve recovery from stress reactions, both in self and those in your lives. The goal of SFA is to identify stress reactions to help reduce the likelihood that stress outcomes develop into more severe or long-term problem. This training is offered by Tufts Medical Center's Debbie Lyn Toomey, MSN, RN, Injury Prevention Professional. Space is limited and registration is required. Please call 617-376-1506 to register.

Chromebook Classes

Tuesday March 7th, March 14th
and March 28th at 1 P.M.

This is a three-week course offered by Grace Buscher as a refresher class for anyone who has previously taken the Chromebook program and may still have questions or need more guidance. Space is limited and registration is required. Please call 617-376-1506 to register.

Healthy Eating for Successful Living

6 week program beginning

Tuesday, March 7th at 10 A.M.

Do you want to eat better? Have concerns about your diet? Questions about nutrition and what to eat for best health and energy? Join our group beginning March 7th for information and discussion on the latest guidance on food and health. Six-week session led by South Shore Elder Services Registered Dietitian and Registered Nurse. Sponsored by South Shore Elder Services The Healthy Living Center for Excellence. Registration is required. Please call 617-376-1506 to register.

Quarterly Birthday Party Celebration

Wednesday, March 8th at 1:30 P.M.

At Hamel-Lydon Chapel, we also believe in the celebration of life. Come join us at the Kennedy Center for cake and ice cream if it's your birthday or even if it's not, come and join us for our celebration! Sponsored by Hamel-Lydon Chapel. Reservations are required. Please call 617-376-1506 to reserve your spot.

Men's Discussion

Thursday, March 9th at 10 A.M.

Men's discussion group meets the second Thursday of each month at 10 a.m.

Women's Discussion

Thursday, March 9th at 1:30 P.M.

Women's Discussion group meets the 2nd Thursday of each month at 1:30 p.m.

Reduced Fare MBTA Bus Passes

Friday March 10th 10 A.M.

Grace Buscher will be at the Kennedy Center to take

photos and assist attendees with completing NEW reduced fare senior T pass applications. Applicants are required to bring a Massachusetts driver's license or photo identification. Registration is required. Please call 617-376-1506 to register.

Bracelet Class

Friday, March 10th at 10:30 A.M.

Come join Ruth and Elizabeth for a bracelet making class! Cost is \$5 and all materials will be provided. Registration is required and payment is due at time of registration.

Bingo

Monday, March 13th at 1:30 P.M.

Join the Friends of the Kennedy Center for an afternoon of Bingo! Try your luck at Bingo and a chance to win a fabulous prize! Space is limited. Registration is required. Don't miss out on all the fun! Please call 617-376-1506 to register.

Monthly Bereavement Support Group

Thursday, March 16th at 1 P.M.

All are welcome. This is a monthly group which provides a space of sharing and support for those who are grieving the loss of a loved one. Sponsored by Hamel-Lydon Chapel Cremation Service of Massachusetts. Registration is required. Please call 617-376-1506 to register.

St. Patrick's Day Party

Friday, March 17th at 12:30 P.M.

Everyone is Irish on St. Patrick's Day! Join us to honor St. Patrick with grand ole Irish cheer and music you will want to dance a jig at an authentic Irish Celebration at the Kennedy Center, complete with a delicious lunch of corned beef, cabbage, and a dessert. Tickets are \$20 per person due at registration.

Quincy's Memory Café Hosted by Standish Village at the Kennedy Center

Monday, March 20th at 12 Noon

Brought to you by Julie Williamson, Director of Communications for Standish Village Assisted Living & Compass Memory Support, Quincy's Memory Café welcomes those living with memory loss or dementia and their care partners, family and friends. While Memory Café is open to anyone in the community, any guest who requires a personal care attendant must have a caregiver present. Please call 617-376-1243 to register for the café or with any questions.

Should I Stay or Should I Go?

Tuesday, March 21st at 11:30 A.M.

Come and learn from several local professionals! Speakers are as follows: David Tourtillott, CRMP (What's a Reverse Mortgage and how they work), Elder Law Attorney Paula Schlosser (importance of Estate Planning in retirement to avoid probate and preserve home and other assets), Senior Real Estate specialist Karen Powers, (importance of working with a SRES when rightsizing into a new home), and Decluttering Specialist, Joy Murphy, (what to do with all my stuff) as the 4 of them share their knowledge and

Cont'd On Page 9

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Potato-Vegetable Hash

By MARIE

Once in a while I take several of my granddaughters out for breakfast and, as a rule, one of them usually orders beef hash to go with their eggs - and some of them take a taste.

Well recently I found a great recipe for potato-vegetable hash and it can be used for either breakfast or dinner.

RECIPE:

- 1 cup of zucchini diced
- 1 cup of yellow squash diced.
- 2 small white or gold potatoes and
- 1 sweet potato boiled and diced

- 1 small onion chopped
- 3 tablespoons of vegetable oil
- 1 tablespoon of butter
- ½ pound ground meat - beef or pork your choice (optional)

In the hot oil and butter sauté the onion until translucent.

Add zucchini, yellow squash and diced potatoes; meat if using, and stir until heated through. You can brown this a bit as well.

If you would like, add a fried egg on top. The recipe above serves 2 or 3 people so add more ingredients if you are making more.

Chicken And Salad

By SUZIE

Here is a recipe that has everything you need for an easy "chopped" style salad. With chicken and bacon, a nice creamy Italian style homemade dressing and lots of colorful crunchy vegetables, this is sure to be a favorite.

Great for leftover chicken and just make some extra bacon during the week so you have it on hand in a jiffy.

DRESSING

- ¼ cup Greek Yogurt (Full fat is best when purchasing Greek yogurt)
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons wine vinegar
- 2 tablespoons chopped fresh chopped basil
- 1 tablespoon chopped fresh Italian parsley
- 1 tablespoon minced shallot (or red onion is fine)
- 2 cloves garlic, minced
- 1 tsp dijon mustard
- 1/2 teaspoon sea salt
- 1 teaspoon raw honey

CHICKEN AND SALAD

1 lb leftover or freshly cooked chicken chopped (it can be grilled, baked, however you prepare it is fine.)

- 4 cups chopped romaine lettuce
- ¾ cup finely chopped red cabbage
- ¾ cup diced red bell pepper
- 1/2 cup diced red onion
- 1/2 cup assorted cherry tomatoes, chopped

1/2 fennel bulb, halved again, thinly sliced

- 1 avocado, diced
- 2 slices cooked chopped bacon

To prepare dressing: Puree the dressing ingredients in a food processor or blender until smooth.

You can also whisk if you are feeling like doing it the old school way.

Combine lettuce, cabbage, bell pepper, onion, tomatoes, fennel, avocado and bacon in a large bowl.

Add the chicken and dressing and toss well. Season to taste. Enjoy!

Quincy's Shaun Ormond Performs In Musical 'Company' At Holy Cross

Shaun Ormond of Quincy recently performed in the musical "Company," presented by the College of the Holy Cross' Department of Theatre and Dance.

The production, directed by Meaghan Deiter, professor of practice in music theatre, was held in the Prior Performing Arts Center's Luth Concert Hall.

The show was developed from a one act play by writer George Furth.

Set in New York, "Company" follows five married, once married, or soon to be married couples and their mutual friend, Robert, a 35-year-old bachelor who has been unable to connect in a long-term relationship. The relationships are

presented in a series of vignettes, primarily through Bobby's eyes, so that we see the less than ideal aspects of commitment. However, it is obvious to the audience that the committed are happy. Eventually, Bobby learns that while relationships aren't perfect, they are a necessary part of "Being Alive."

Practicing Self-Care

By LORI SCOTT

Take the Self-Care Challenge!

Make yourself a cup of tea and grab a journal or piece of paper.

Now, take a moment to write down all of the things you love in your life.

Then, put it aside for now. We'll come back to that in a minute.

Vulnerability WARNING: I've never been very good at practicing self-care. The truth is, that's why I have made it my mission. That's why I study and teach ways we can all find some inner peace through life's challenges.

For some reason, there is a narrative that plays on repeat for many of us and it thinks that doing something nice for ourselves is indulgent. When I first started teaching yoga, I realized our community was in desperate need of redefining the importance of self-care. To first take better care of ourselves and then to lead by example demonstrating that self-care is vital to our mental health. We all know that putting the oxygen on ourselves first allows us to help others. Self-care is the same principle.

Self-care is not selfish. Self-care is not a luxury. Self-care is NECESSARY.

Have you heard of the term Hygge [hue-guh]?

The general definition means creating a warm and cozy lifestyle that Danish culture credits for making Denmark one of the happiest countries on Earth. Hygge cannot be summarized in just a word or even a sentence. Hygge is the quality of being warm, cozy, content and comfortable that gives a feeling of happiness. It is an outlook on life that focuses on simple pleasures and taking the time to cultivate more of them in your life. You learn to enjoy the good things in life, like a sunrise or sunset, reading a book in front of a crackling fire, taking the time to savor a delicious cup of tea, and spending time with loved ones in a comfortable setting. Hygge is the complete absence of anything annoying. Hygge is the perfect way to invite mindfulness and self-care into your life, savoring and appreciating the simple moments. Sounds wonderful, doesn't it?

Now, go back to your list and read all of the things you love in your life.

How long did it take for you to list yourself? Are you even on this list? It's okay if you're not. You are not alone. Most of us have been putting others first our whole lives. The problem is that you've taught them AND yourself, that you come second.

MONTHLY MINDFULNESS



By Lori Scott, E-RYT 500

OWNER OF LORI SCOTT YOGA & WELLNESS

Maybe it's time to consider changing that narrative. This doesn't mean that we should stop helping others, it just means that you also value yourself and your own health.

What Does Self-Care Look Like To You?

Take a moment now to write down some words that feel like self-care to you. Words like rest, ease, kindness, adventure, comfort, etc.

Now, make a list of all the things or activities that bring you inner peace. If you only had 3 minutes to reset your mood, what are some things you could do that would make you feel happy? For example, enjoy a cup of tea in your favorite mug, sunshine on your face, 3 deep breaths, or listening to your favorite song. This is your Self-Care Survival List and it's your reminder that it's okay to do something nice for yourself throughout the day.

If you know what you need to feel better, you're doing okay. It's when you've lost your way and don't know how to take care of yourself - that's when we get into trouble.

Practicing self-care has scientifically shown to improve and protect our mental health. And most doctors will tell you that our mental health affects our physical health to a large degree.

If you are experiencing symptoms of depression and/or anxiety and in need of some self-care, consider joining us in the studio for these empowering workshops offered by Joanna Barrett, LMHC, E-RYT: Uplifting the Mood & Spirit - Yoga for Depression & Blues on Sunday, March 12th 10 a.m. - 12 noon; and Soothing the Mind & Body - Yoga for Anxiety & Stress on Sunday, March 19th 10 a.m. - 12 noon. Joanna combines her experience as a Licensed Mental Health Counselor and as a Yoga Instructor to bring Emotional Wellness into your life ON and OFF the yoga mat.

Self-Care Tips

- Build your day around your self-care, not your self-care around your day.
- Schedule your self-care into your planner BEFORE other tasks. Who knows, maybe this shift will allow you to have more clarity and focus because you won't feel so depleted. You don't have to plan a tropical vacation to schedule time for

taking care of yourself.

• Allow yourself some time each week this month to turn off your phone and computer. No texting, no email, no calls, no social media, no anxiety, no worry, no stress, no pressure. Nothing. Just sit. Pretend you're on a tropical island with no cell service.

• Do something on your Self-Care Survival List.

• Try a night of practicing hygge and create an atmosphere of warmth, coziness and wellbeing.

The key is building these self-care activities into your daily routines such as doing laundry, at work, and in your relationships.

Author Brianna Wiest said it best: "True self-care is not salt baths and chocolate, it is making the choice to build a life you don't need to regularly escape from."

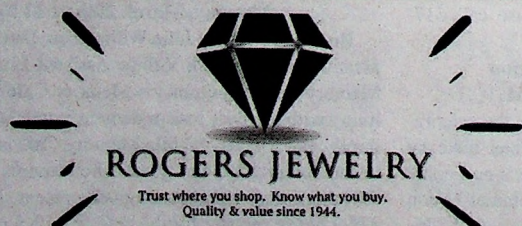
Give yourself just 3 minutes. We all have 3 minutes. Self-care doesn't TAKE time, it actually MAKES time and you are worth getting to know!

Lori is an experienced 500 hour Certified Yoga Teacher with Yoga Alliance, Owner of Lori Scott Yoga & Wellness studio, Founder & Director of her Registered Yoga School (RYS 200) and a Yoga Alliance Continuing Education Provider. Lori specializes in certification programs, 200 hour Yoga Teacher Trainings and facilitating Meditation and Stress Management classes for local corporations.

In addition to teaching yoga, meditation, wellness classes & workshops, Lori is a trained Trauma-Conscious Yoga Teacher offering free yoga to Service Members, Veterans & First Responders. Lori also holds certifications in Clinically-Informed Restorative Yoga, Kids Yoga, Seniors Yoga, Chair Yoga, Balanced Athlete® and Barre. Lori is mostly known in the community for teaching her signature Beach Yoga classes.

Lori Scott Yoga & Wellness is located at 645 Hancock St. in Wollaston.

www.loriscottyoga.com.



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March Quincy Council On Aging Events, Activities

Cont'd From Page 7

take questions. Space is limited. Please call 617-376-1506 to register.

Rotary Luncheon

Tuesday, March 21st at 12 Noon

The Quincy Rotary Club will once again prepare and serve a pasta lunch for seniors, a favorite annual event for our members. Come enjoy delicious food, bingo, prizes, and lots of fun and laughs with the Rotary Club members. Registration is required. Please call 617-376-1506 or stop by the Kennedy Center to reserve your spot.

Alzheimer's Support Group

Wednesday, March 22nd at 1 P.M.

The Alzheimer's Support group will now meet on the 4th Wednesday of the month at 1 p.m. For more information about the group, please call Marge Donaher at 617-376-1243.

Social Security Matters

Can International College Students Get Social Security Benefits?

By **RUSSELL GLOOR**

**National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens**

Dear Rusty: We have hosted international college students for years, all of whom needed to apply for a Social Security Number upon arrival in the United States. Would these students be entitled to some Social Security funds at some point? Some have worked as paid graduate assistants, but others have not worked while going to school. **Signed: Wondering**

Dear Wondering: In order to collect Social Security benefits later in life, the students you host would need to have at least 40 "quarters" of credit working and earning in the U.S. and contributing to U.S. Social Security from their "substantial" U.S. earnings. Forty is the minimum number of credits for anyone to claim Social Security retirement benefits. Foreign students who earn only some "quarters" of U.S. Social Security credit (minimum of 6) may, later in life, be able to collect U.S. benefits depending on their country of citizenship/residence. The U.S. has bilateral "totalization" agreements regarding Social Security eligibility with most of its allies and, in some cases, a foreign citizen can "totalize" their Social Security credits from both countries to become eligible for U.S. benefits. Eligibility rules, however, vary somewhat by country, and Social Security payments cannot be made to certain countries (e.g., Cuba and North Korea). Payments to those living in countries with which the U.S. has no bilateral Social Security agreement may also be restricted.

In any case, U.S. Social Security benefits would not be available to any of these students until they are at least 62 years old, and then only if they had worked and earned sufficient U.S. credits (40) to be independently eligible for U.S. benefits on their own U.S. earnings record, or they later became eligible for U.S. benefits because they worked some in the U.S. and were eligible for benefits under a "totalization" agreement between the U.S. and their home country. In any case, any U.S. Social Security benefits earned under a totalization agreement would be based only on their actual U.S. earnings (and not earnings in their home country) and, thus, would likely be very small.

I assume that most international students you host are only in the U.S. for a short time, perhaps one year. The maximum Social Security credits that can be earned each year is four, so it's highly doubtful that the students you host for such a short time would later become eligible for U.S. Social Security benefits, unless they extend their U.S. presence and continue to work and earn in the United States long enough to later become eligible for U.S. benefits.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Singo Friday, March 24th at 12:30 P.M.

Singo is bingo where we replace the numbers with your favorite songs. Test your musical knowledge and luck. Have some fun and win some prizes! Sing, dance laugh, Singo is all about a good time. Light refreshments will be served. \$5 per person due at time of registration.

Stop the Bleed

Monday, March 27th at 10 A.M.

Stop the Bleed is a grassroots national awareness campaign and call to action. Stop the Bleed encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Attend this 1.5 hour training and come away feeling better prepared in an emergency situation. This training is offered by Tufts Medical Center's Debbie Lyn Toomey, MSN, RN. Please choose one session. Space is limited and registration is required. Please call 617-376-1506 to register.

Brain Health and Wellness

Thursday, March 30th at 10:30 A.M.

Lynn Stefano from Bridges by Epoch will provide light conversation and tip for you on how to keep your brain health and wellness. Refreshments provided. Space is limited and registration is required. Please call 617-376-1506 to reserve your spot.

Friends of the Kennedy Center

Red Sox Opening Day Party

Thursday, March 30th at 1 P.M.

Join the Friends of the Kennedy Center for a fun filled afternoon. Enjoy the first home game on TV along with hot dogs and popcorn and door prizes. This is a FREE event sponsored by the Friends of the Kennedy Center for members only. Call 617-376-1506 to register.

QHS College Planning Night For Juniors, Families Thursday

Quincy High School host a College Planning Guidance Department will Night for juniors and families

Thursday, March 2 from 6:30 to 8 p.m. at the QHS Lloyd Hill Auditorium, 100 Coddington St., Quincy.

A panel of college representatives will be present to

address the college admissions process. Juniors and their families are strongly encouraged to attend.

Freshmen and sophomores and their families are also welcome to attend.

Squantum School PTO Offering Scholarships

Squantum School Parent Teacher Organization will be offering two scholarships this year awarded to graduating seniors who attended the Squantum School.

Two \$250 Squantum School PTO scholarships are available: one male recipient and one female recipient.

Application forms are available in the guidance offices at North Quincy High School and Quincy High School. Applicants can also pick up applications in the main office at Squantum School.

Applications must be completed and returned to Squantum School on or before Friday, April 14. Scholarship winners will be chosen by lottery drawing under the direction of the Squantum School PTO.

Six Quincy Students On Dean's List Roger Williams University

Six students from Quincy have been named to the Dean's List for the fall semester at Roger Williams University in Bristol, R.I.

They are:

Brendan Donovan, Colleen Flynn, Julia Keldsen, Xavier Molina, Niki Poutre and Sami Poutre.

Rock Painting

Thursday, March 30th at 2 P.M.

Come join us in the Art room and paint a rock with your own unique design! Paint supplies provided. Registration is required. Please call 617-376-1506 to register.

Boston Center for Memory & Compass on the Bay

Present: Matters of the Mind:

Navigating Diagnostic Assessments & Treatments

Friday, March 31st at 1:30 P.M.

Topics in this presentation include Identifying guidelines for a diagnostic evaluation of dementia, current treatment options, newer treatments submitted to the FDA, and Question and Answer session. Guest speaker is Dr. Vassey. Registration is required. Please call 617-376-1506 to register.

Sign up begins March 1st:

Elvis Trip Thursday, May 18th

Cost \$111 per person. Enjoy a "Viva Las Vegas" day trip in New England at Wright's Farm Restaurant in Rhode Island. Your fun filled day will include a family style, home cooked chicken meal with all the fixings and more at Wright's Farm Restaurant. You will also have time to check out their amazing gift shop too! Then, get ready to dance in your "Blue Suede Shoes" Mark Shelton is considered on the most dynamic performers with astounding vocal prowess that leaves audiences mesmerized in amazement. But it is his incredible voice, strong and diverse, that leaves audiences in awe.

Bus departs from Pageant Field at 10:15 a.m. and returns to Pageant Field at approximately 4:30 p.m. Trip includes transportation, family style chicken luncheon, live entertainment, drivers' gratuity, dining room taxes and gratuities. Must be a Kennedy Center member. Checks only made payable to Royal Tours.

Great News!
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Squirrel Run XXV, Jimmy Kennedy Memorial Run For ALS June 10

The 25th Annual Jimmy Kennedy Memorial Run for ALS, (Squirrel Run XXV), a 5-mile run, 2.5-mile fitness walk and family fun day will be held on Saturday, June 10th at Pageant Field, Merrymount Parkway in Quincy.

Proceeds from the Squirrel Run will benefit The Angel Fund, a nonprofit organization dedicated to funding ALS research at UMass Chan Medical School in Worcester. Jimmy Kennedy lost his courageous battle with ALS, better known as Lou Gehrig's Disease, in 1997 at the age of 31.

An outstanding football player and track athlete Jimmy graduated from North Quincy High in 1984,

the 8th and final member of the Kennedy family to do so. He graduated with high honors from Northeastern, and received his diploma from his dad, Dean of Students Christopher Kennedy (who was also a 25-year member of the Quincy School Committee). Jimmy graduated from Georgetown Law School. After passing the bar on his first attempt, he accepted a job with the prestigious Washington law firm Schwald, Donnenfeld and Bray, and settled in suburban Waldorf, MD.

Jimmy was diagnosed with ALS soon after, at the age of 28. The Jimmy Kennedy Memorial Run for ALS is a tribute to the life of Squirrel, which each year brings together Jimmy's friends, family, former teammates and classmates.

Runners and walkers of all ages and abilities are welcome to participate in the 5-mile run and 2.5-mile walk that begins with registration at 8 a.m. The course is officially sanctioned by USA Track and Field, New England Association. The

2.5-mile fitness walk starts at 9 a.m. followed by the 5-mile run at 10 a.m. Children's races begin at 11 a.m.

The cost is \$30 for registrations received before May 25, 2023 and \$35 after that date. Registrations must be made online at <https://theangelfund.org/events/squirrel-run-xxv-2/>.

All participants will receive a race t-shirt. Numbers will not be mailed prior to the race. Pre-registered participants can pick up their numbers at the pre-registered table on the day of the event.

In addition to the race and walk, the day will be filled with entertainment for children, plenty of refreshments, and awards for competitive runners in all divisions for men and women. There will be trophies, gift certificates, and other awards.

For registration and sponsorship information, or for further information call The Angel Fund at 781-245-7070 or Rich (Ratt) Kennedy (617) 968-6706, or email him at tytaylin@aol.com.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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Affordable Housing Lottery

Warren Place

118 Old Colony Ave
Quincy, MA

Monthly Rent Amounts

Studio - \$1,859; 1 Bedroom - \$1,975; 2 Bedroom - \$2,355; 3 Bedroom - \$2,719

*Rents subject to change in future years. This is a smoke-free building. Rents do not include the costs of gas (including cooking, heat, hot water) or electricity. Water and sewer are included. One complimentary parking space per unit is available for residents to reserve.

Warren Place is a brand new 40-unit apartment community located in the Wollaston area of Quincy that will contain one elevator-serviced building. Ten (10) affordable units will be made available through this process to households earning no more than 80% of the Area Median Income. The affordable apartments will be available in all bedroom sizes, are located throughout the building, and provide finishes identical to the market rate units. Warren Place is conveniently located less than a half mile from the Wollaston Red Line MBTA station.

Maximum Household Income Limits

\$78,300 (1 person), \$89,500 (2 people), \$100,700 (3 people)
\$111,850 (4 people), \$120,800 (5 people) \$129,750 (6 people)

Public Info Session: March 20, 2023 at 6:00 pm via Zoom

Go to zoom.com/join or call (646) 558-8656 and enter Meeting ID: 818 9317 7595, Passcode: 088159

Application Deadline: April 18, 2023 at 2pm

Completed Applications and Required Income Documentation must be delivered by this date.

Lottery: May 3, 2023 at 6:00pm via Zoom

Go to zoom.com/join or call (646) 558-8656 and enter Meeting ID: 857 2736 5609, Passcode: 276410

Attendance is not required at Info or Lottery sessions. To view the recorded sessions at a later date, please search for Warren Place on the SEB Housing YouTube channel.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.sebhousing.com or call (617) 782-6900x1 and leave a message or postal mail SEB Housing, 257 Hillside Ave, Needham MA 02494. For TTY Services dial 711. Free translation available.

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QHS Women's Athletic Hall Of Fame Class Of 2023 Inductees

The Quincy High School Women's Athletic Hall of Fame Committee announces the 2023 inductees to the Quincy High School Women's Athletic Hall of Fame.

The new inductees are:
1949 Helen Ketola - softball.

1970 Regina Pestilli - basketball and softball.

1970 Patricia Thomas - basketball and softball.

1973 Catherine Ilacqua - basketball and track.

1973 Margaret Ryan - gymnastics and softball.

1974 MaryJane Schuerch - gymnastics.

1976 Rosemarie Pestilli - basketball, softball and volleyball.

1978 Kathleen Flaherty - basketball, spring track, softball and volleyball.

1979 Denise Leonard - basketball, softball and volleyball.

1979 Paula Lynch - basketball and volleyball.

1979 Karen Murphy - basketball, softball, spring track and volleyball.

1980 Laura Riley - basketball and softball.

1981 Susan McLoughlin - gymnastics, track and volleyball.

1982 Darlene Marston - track.

1983 Ellen Deady - basketball and volleyball.

1985 Terry McLoughlin - volleyball.

1987 Ginny Duggan - basketball and volleyball.

1987 Lauren Standing - volleyball.

Receiving special recognition are Peter Gallagher, spring track; the 1970 softball team and the 2020 volleyball team.

The 1970 QHS Hall of Fame Softball Team:

Regina Pestilli-Pitcher
Patricia Thomas-Catcher

Sandra Sacchetti-1st base
Karen Fruzzetti-2nd base

Jane LaFavre- Shortstop
Lois MacLean-3rd base

Gail Carella-Left field
Lydia Thomas-Center-

field
Doreen Goguen-Right

field
Off the bench:

Marsha Ingegneri-Utility
infielder

Nancy Cappadona-Utility
infielder

Sheena Giggey-Utility
outfielder

Debbie Hobson-Out-
fielder

Debbie Hensley-Out-
fielder

Hedy Schechman-Out-
fielder

Dorothy Simmons-Out-
fielder

Head Coach: Mary Pratt.
2020 Hall of Fame Vol-

leyball Team:

Priscilla Bonica, Kelsy
Duong, Emma Glavin, Ash-

ley Grehan, Bridget Hoare,
Mona Ly, Rachel McKen-

na, Colleen Moran, Alyssa
Ruan, Alyssa Ryan, Annika

Schmitt, Hanna Valenzuela,
Ivy Zhou and head coach

Jacqueline Niosi

The committee extends congratulations to these amazing athletes, coach and teams who will be inducted on Friday, March 24th at the Tirrell Room, 254 Quarry St. in Quincy. Doors open at 6 p.m. followed by dinner at 7 p.m.

If you are interested in purchasing a ticket or are looking for more information, email Christine Barrett at christinebarrett@quincy-publicschools.com. The cost is \$60 per person (checks may be made payable to Quincy High School and all tickets must be purchased by Thursday, March 9th).

Visit the QHS Women's Athletic Hall of Fame website at <https://qhs.quincy-publicschools.com/cms/One.aspx?portalId=22802193&pageId=77047468>.

The Robert G. Noble, Sr. Scholarship Award

The Robert G. Noble Sr. Scholarship award has been established by the American Legion Cyril P. Morrisette Post 294 in memory of this beloved community figure and longtime activist who made the City of Quincy better.

As an Ex-POW of World War II, Mr. Noble served in the U.S. Army. He was a man of deep faith and lived a life of unwavering

commitment to his family, friends and country. Mr. Noble personified the duty and sacrifice of "The Greatest Generation" and has left a legacy of service for generations to come.

One \$500 scholarship will be awarded to a resident of Quincy. The scholarship will be awarded to qualified high school seniors, currently enrolled college students and students who have

applied to or are attending a trade school.

This will be the final year of the Robert G. Noble Sr. Scholarship. The Noble family thanks all who contributed to this fund in honor of their father. For further information and to receive an application contact Andrea Noble-White at: RGNoblescholarship@gmail.com. Deadline for submission is April 28.

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QUBIC Labs Announces Two \$25,000 Grant Recipients

QUBIC Labs (QUBIC) announces Chrysalis Digital Asset Exchange (Chrysalis) and Nifty Media Art as the second and third \$25,000 grant recipients of its recently launched Algorand R&D Innovation Platform (R&D Platform). Chrysalis and Nifty Media Art are both based in Quincy, and are members of QUBIC Labs.

Chrysalis was formed in 2021 with a mission of restoring trust in digital assets. The company is led by Chief Executive Officer Paul McCarthy and has a team of leading experts with over 75 years of collective experience in the areas of cyber security, forensic technologies, regulation, and compliance among other directly related disciplines. Participation in the R&D Platform will be led by Dr. Rula Sayaf, chief technology officer of Chrysalis, who has over 15 years of experience in Cryptography, blockchain, cybersecurity, privacy, artificial intelligence and software engineering in both research and development.

Nifty Media Art is an NFT-focused technology company. The company started in 2021 and is an artiststreaming NFT player (music, art, video) and marketplace. The platform provides an exceptional experience for the artists to build their brand equity, including behind-the-scenes stories associated with their work, and manage copyrights and licenses through the transparency of Algorand's blockchain technology. Nifty Media Art is co-founded and led by Imran Khan, Dan Hoffman, and Fabio Italiano, who have over 65 years of collective experience as media and technology executives at organizations including Fox, Disney, Warner Brothers, CNBC, ESPN, A&E, Alteryx, Deloitte and S&P.

In June 2022, the Commonwealth of Massachusetts announced a \$2 million grant to QUBIC to work with startups and entrepreneurs interested in building blockchain apps, technologies that hold the potential to transform innovation-focused sectors including finance, healthcare, insurance, supply chain, and government. The overall grant is the first award made under the Commonwealth's Technology & Innovation Ecosystem Awards program, a funding initiative launched in 2022 to provide capital support to innovative projects statewide.

The Technology & Innovation Ecosystem Award will support infrastructure investments at QUBIC that

will provide Chrysalis, Nifty Media Art and other startups with access to hardware and custom software development tool kits developed by Boston-based Algorand. QUBIC will work with Algorand and other partners to develop the platform, helping grow transformative blockchain companies from early-stage research to scaling their business, helping contribute toward job creation in the Quincy-area and beyond.

Blockchain was highlighted in 2020 economic development bill joining other areas where Massachusetts can grow tech and innovation jobs, including robotics, fintech, artificial intelligence, and quantum computing.

"Current blockchain systems lack a reliable mechanism to prove ownership of digital assets outside of the possession of user-specific cryptographic keys, linked to the address in which the asset is stored. To mitigate this single point of failure, the Chrysalis Identity-based Proof of Ownership ("IPO") protocol will integrate the owner's identity into blockchain by developing an identity-based proof of ownership to provide the right privileges to owners without the need to rely on third parties. This grant will allow us to develop and test this valuable use case around blockchain and digital assets. We are excited to be part of the QUBIC Ecosystem and this grant represents a tremendous vote of confidence in our mission and vision," said Paul McCarthy, CEO of Chrysalis.

"We are grateful for the generous award. QUBIC's support will enable us to accelerate our buildout, allowing Creatives to expand the digital collectible multimedia experience. What I think is most important to understand is QUBIC has created a meaningful opportunity for us to continue our development of NFTs with Algorand by making a best-in-class technology accessible to us," said Dan Hoffman, Nifty Media Art's CMO, and co-founder.

"QUBIC is thrilled to bring Chrysalis and Nifty Media Art into our R&D Program. We have had the pleasure to develop strong working relationships with each company as Members of our Ecosystem and through their participation

Kerri Jones Receives Excellence Award At Western Governors U.

Kerri Jones of Quincy has earned an Award of Excellence at Western Governors University Leavitt School of Health in Salt

in our inaugural Boston Blockchain Week, which was hosted in Quincy in September 2022. The demonstrated professional experience of these teams coupled with their understanding of what blockchain can do to for innovating the industries with which they have strong familiarity will only aid in their success," said John O'Keeffe, QUBIC's CEO and co-founder.

The Commonwealth's grant from the Technology & Innovation Ecosystem Awards program supports an overall \$4.5 million, three-year project. Funding will enable QUBIC to create an interface with the Algorand blockchain, a leading development platform that supports smart contracts and is carbon neutral. QUBIC's background supporting businesses in financial, government, and civic technologies is supported by a consortium that includes Algorand, FoxRock Properties, Nutter and Cohn Reznick, all of which are committed to advancing blockchain development and innovation.

Through its R&D Platform, QUBIC intends to create a global hub for blockchain technology and development for the Commonwealth realizing near-term economic benefits that will grow from the investment, including the creation of 10 to 15 new companies and between 40 to 60 full-time employees, helping to create economic impacts in Quincy and the wider region.

For entrepreneurs and startups interested in learning more about the R&D Platform and working with QUBIC, contact John O'Keeffe, QUBIC's CEO, at john@qubiclabs.com, or visit QUBIC's website for more details on the program.

QUBIC Labs is a startup incubator and innovation hub focused on helping entrepreneurs and innovators to develop world-class companies to serve businesses, governments, and people. Headquartered in Quincy, QUBIC Labs is dedicated to identifying and supporting entrepreneurs providing practical business solutions and is committed to building an ecosystem of entrepreneurs that will make commerce and government more efficient, effective, and innovative.

Lake City, UT.

The award is given to students who perform at a superior level in their coursework.

Salvation Army Quincy Corps Announces New Board Members

Captain Adam Boynton, Corps Officer, Quincy Corps, at the February Advisory Board meeting introduced two new additions to the Advisory Board.

Scott Pickard, a Norwell resident, currently serves as the director of Public Relations and Communications for Quincy College. Pickard holds a bachelor of science degree in broadcast journalism from Boston University. His previous executive experiences include more than two decades in healthcare industry, serving in marketing, public relations and communication roles. Additionally he has served in a professional capacity, providing recruit-



SCOTT PICKARD

ment and strategic business development planning, for various local operations.

Lynne Santangelo is an enablement practitioner for a California-based company, LaunchDaddy. Santangelo, who holds an MBA from Curry College, is a globally accredited project management professional (PMP). A



LYNNE SANTANGELO

native of Braintree, she lives in Weymouth with her rescued tripod pup, River and two cats, Bella and Betty. Santangelo spends much leisure time volunteering with several civic and philanthropic groups.

The Quincy Corps welcomes Pickard and Santangelo to the Advisory Board.

QATV Wins Mass Creator Awards

Quincy Access Television (QATV) was awarded two first place Mass Creator Awards. The Mass Creator Awards recognize outstanding work in television and media, within the state of Massachusetts. Mass Access, a non-profit advocacy agency with a mission is to ensure the future vitality of Massachusetts based community media centers, established the prestigious Creator Awards.

Mass Access enlists local top media professionals as third-party judges for the Creator Awards the judging is based on strict criteria to ensure that the most outstanding productions are recognized and honored.

This year's awards ceremony honoring the Best Media Creators in Massachusetts was held in town at 'Laugh Boston' on January 25, 2023. Ryan McWade, QATV staff Producer and award winner attended the ceremony to represent QATV and accept the

awards.

QATV held two finalists in the category of Innovation; "Meet You at the Door" produced by Ryan McWade and "QATV's Gallery of Excellence" (qatv.org/episode/qatv-gallery-excellence) produced by Mark Crosby, Government Access Coordinator. Ryan accepted the first-place award in the Innovation category, as well as a first place in the Performance category for his video "Aiming Aimlessly." To view Ryan's first place videos, please visit: ryangraymusic3.com.

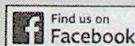
When asked about attending the ceremony, Ryan said it was a "great event, and an awesome experience to have genuine creators all in one room. It was a joy to witness other creative minds and their works. Thank you to Mass Access for giving me some encouragement and motivation to continue creating and to QATV, and all those behind the scenes who have helped and sup-

ported my vision. Thank you and God bless."

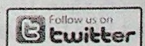
"QATV is proud to have been recognized by our peers in Massachusetts with 2 first-place awards," said QATV Executive Director Jonathan Caliri. "Ryan has been a welcome addition to the QATV staff; his music videos show just a portion of his talent and capabilities. QATV's Gallery of Excellence, produced by Mark Crosby was an innovative take on a 'year in review' type of program that highlights all of QATV's programs. We are glad to have the creative abilities of both Ryan and Mark producing programs for the residents of Quincy."

Quincy Access Television is located at 88 Washington St., adjacent to the Thomas Crane Public Library. For information on how to become a producer at QATV local public access channels, call QATV at 617-376-1440.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, March 2
7:00pm: On the Road with Jazzy Bill
8:00pm: Presidents Day Winterfest Highlights

Friday, March 3
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, March 4
12:00pm: Presidents Day Winterfest Highlights
7:00pm: The Call

Sunday, March 5
11:30am: Quincy Point Cong. Good News
1:00pm: The Call

Monday, March 6
11:30am: LIVE: Currently in Quincy
8:00pm: QHS/NQHS Hockey Hall of Fame

Tuesday, March 7
7-9:10am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, March 8
6:00pm: Quincy Point Cong. Good News
7:00pm: The Call

Government Access Channel 9

Thursday March 2
4:00pm: Board of License Commissioners 2/28
5:00pm: Zoning Board of Appeals 2/21

Friday March 3
7:00pm: In the Know: Circuit Breaker Tax Credit

Saturday/Sunday, March 4/5
10:30am: In the Know: Circuit Breaker Tax Credit
11:00am: At the Kennedy Center: Self Compassion
12:00pm: City Council 2/27
3:00pm: Zoning Board of Appeals 2/21
4:00pm: Board of License Commissioners 2/28
6:00pm: In the Know: Norfolk County Sheriff
6:30pm: For Your Health: Winter Health

Monday March 6
3:00pm: At the Library Concert: Haley Hewett
6:00pm: TCPL Events Calendar: Aine Minogue
6:30pm: LIVE: City Council

Tuesday March 7
4:00pm: LIVE: Board of License Commissioners
6:00pm: LIVE: Zoning Board of Appeals

Wednesday March 8th
7:00pm: City Council 3/6

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, FEB. 17

ASSAULT AND BATTERY (past), 6:19 p.m., Newport Avenue. Language barrier - Spanish. Reporting party is currently at Clay Street apartment. Should be in the lobby. Reporting party is a 77 year old female states she was in a taxi at 6 p.m. and he called her and threw things at her. Reporting party states she has pain in her arm but doesn't want medical advice. Reporting party disconnected before getting any additional info. Reporting party lives in apartment. EMS signed refusal. Report to be filed.

BREAKING AND ENTERING/PAST, 7:45 p.m., Putnam Street. Reporting party says she just got home and found the house in disarray. She advised the back door was unlocked. No suspects on scene. Report to be filed.

LARCENY/MOTOR VEHICLE, 8:20 p.m., Adams Street. Suspects pulled in in NH reg. A black male got out of the car and asked the gas attendant for the keys to a black Suburban then both cars left the parking lot. MSP notified. Caller is the owner of the business. He's home in Boston right now. He will be calling back with information of the vehicle that was stolen. MSP given the plate for the Suburban and the Charger. Form filled out and report to be filed.

BREAKING AND ENTERING/PAST, 9:34 p.m., Elm Street. Balcony door was damaged. Caller has not gone through the house completely. He will be waiting outside for officers. House is cleared. Report to be filed.

SATURDAY, FEB. 18

LARCENY (just occurred), 5:36 p.m., Quincy Avenue. Reporting party says a male walked into the fitness center and took keys that did not belong to him. Suspect was confronted outside and returned the keys without incident. Has the victim's info and description of the suspect. Officer spoke with reporting party and victim. SP left premises prior to officer's arrival. Advised.

LARCENY (dog), 6:18 p.m., Willet Street. Gone on arrival. Reporting party states her boyfriend's friend came over and took her dog from the house. White male possibly wearing a black jacket about 6'2". Black pitbull with no leash, might be running around the area. Reporting party states the friend does not have any ownership of the dog. Officers report suspect on northbound train at Wollaston, requesting they stop train at North Quincy. Contacted Transit PD, request they stop car. Will notify Transit PD. Tracked individual and relay that he got off train at North Quincy MBTA. Report to be filed.

SUNDAY, FEB. 19

VANDALISM/PROPERTY, 9:19 a.m., Arnold Road. Outdoor electrical box pried open overnight. Old telephone service box which has not been in service in 20 years. Box was opened for unknown reason, no damage. Reporting party advised that incident would be documented.

BREAKING AND ENTERING/PAST (storage unit), 11:16 a.m., Burgin Parkway Ext. Reporting party will meet officer out front of building. Storage unit on third floor. Resident in apartment wheelchair bound. Officer will file.

MONDAY, FEB. 20

VANDALISM/PROPERTY (ongoing), 10:06 a.m., 21 Kemper Street. Advised on HPO RO process, report to be filed. CP follow up.

BREAKING AND ENTERING/PAST, 10:26 a.m., West Howard Street. Reporting party states someone broke in overnight. Report to be filed.

ASSAULT AND BATTERY (male hit in head), 11:47 a.m., Coddington Street. In the gym first floor. Bleeding from the head, gash on the head, is breathing. Brewster. One to South Shore Hospital.

VANDALISM/PROPERTY (broken car window), 4:51 p.m., Coddington Street and Faxon Avenue. Gray Nissan parked on Coddington Street. Reporting party calling for his roommate's girlfriend's car. States the car was parked there from 9 p.m. to 10 a.m. and noticed a rock that broke the window. Not sure if there are any cameras that captured it. Reporting party is at Faxon Avenue and will meet officers downstairs. No suspect information, case number provided. Vehicle was not broken into, nothing missing. Damage to windshield and right headlight.

LARCENY (possible stolen wallet), 7:57 p.m., Avalon Drive. Wallet has ID, credit cards and \$200 cash. Reporting party states she brought all her bags out of the car and left it in the lobby and went to park her car. When she came back her wallet was missing. Wallet was inside a bag but the bag is still at the lobby. Reporting party will be waiting for officers at the lobby. States there is camera in the lobby.

LARCENY/MOTOR VEHICLE, 8:21 p.m., Adams Street. Black Nissan, MA reg. Reporting party stated he left his jacket and car keys in the locker room for an hour and noticed his car is missing. Report to be filed. Stolen Motor Vehicle form was submitted into NCIC. Stolen vehicle record entered.

LARCENY (car keys), 8:25 p.m., Adams Street. States someone stole his car keys but his vehicle is still in the parking lot. Incident closed. Car key was stolen. Unknown sus-

pect attempted to take vehicle. Report to be filed.

LARCENY/MOTOR VEHICLE, 9:02 p.m., Adams Street. Incident closed. Report to be filed. Stolen motor vehicle form was submitted into NCIC. Boston PD teletype contacted with a delayed hit response 9:40 p.m. Boston PD will respond when officer than ran M/R before entered as stolen is contacted by Boston teletype operator. Stolen vehicle entered - record entered.

LARCENY/MOTOR VEHICLE, 9:22 p.m., Adams Street. Incident closed. Report to be filed. Stolen motor vehicle form submitted into NCIC. Stolen vehicle entered - record entered.

TUESDAY, FEB. 21

LARCENY (hydraulic jacks), 9:48 a.m., Hudson Street. Reporting party in lobby. Stolen items overnight. Report.

LARCENY (package), 10:41 a.m., Newbury Avenue. Reporting party had an Amazon package that was confirmed to be have been delivered on porch at residence go missing. Report.

LARCENY (follow up), 10:50 a.m., East Howard Street. Female in the QPD lobby now. Follow up on stolen bike, currently at address above. Female states reporting party mother has address of teen that took bike from son. Wants to follow up with officer. Larceny of bike taken by other teen happened yesterday at Granite Street. Called back after receiving information over Facebook about a person that resides at East Howard Street putting out to his friend how he took an expensive bike of a kid today. 783 enroute to speak to other party involved. Parents advised and to handle.

VANDALISM/PROPERTY, 1 p.m., 57 Hooper Street. Reporting party requesting to speak with an officer regarding an ongoing situation with his daughter at school. House was egged. Report to be filed.

LARCENY (deposit), 1:08 p.m., Granite Street. See the caller in the police lobby. Night deposit went missing. Over \$3,300.

WEDNESDAY, FEB. 22

LARCENY (past), 3:20 p.m., Hancock Street. Incident happened on Feb. 17. Stolen coat. Caller is in the police lobby. Report.

LARCENY/MOTOR VEHICLE (MXX), 2:57 p.m., Copeland Street. Incident closed.

THURSDAY, FEB. 23

VANDALISM/PROPERTY (multiple cars), 8:16 a.m., Sea Street. Reporting party in apartment. States five cars in the lot have had their tires slashed including hers. No suspect info. Plates attached.

LARCENY (employee stealing), 8:36 a.m., Centre Street. Arrest made. Reporting party is LPO. Says store associate admitted to stealing items out of the store. They have the employee detained. Meet in the rear of the store, Asset Protection Office. Officer Sansavero returning with one under arrest. Officer Ruggiero to take report. Larceny over. Defendant in names field trespassed by loss prevention in front of Officer Ruggiero.

LARCENY (stolen package), 11:02 a.m., Hancock Street. Reporting party is the property manager. Would like to make a report of some packages that were stolen by a tenant. Advised, the tenant returned some items to the office however they are the original packages that were stolen. Reporting party has video footage. In the event resident is transported to hospital, contact either trusted caretaker or father of children if children need care. Report to be filed.

LARCENY, 12:04 p.m., Franklin Street. In QPD lobby. Caller reports he was scammed out of \$1,600 for an apartment - \$1,600 total. Will be filing in Boston.

LARCENY (past), 12:20 p.m., Victory Road. Known party entered and stole some items around 2 a.m. Report filed.

LARCENY (books), 12:21 p.m., Burgin Parkway. In QPD lobby. Sixteen (16) bags of books. Has suspect info. Report to be filed.

LARCENY (hard drive), 4:04 p.m., no address entered. Reporting party states his bag with hard drive was taken while he was at work. Would like to file a report. Possible camera footage. Report to be filed.

VANDALISM/PROPERTY (car keyed), 4:47 p.m., Hancock Street. In QPD lobby. Party has dash cam with footage of suspect. Report to be filed. Arrest made.

VANDALISM/PROPERTY (follow up), 8:16 p.m., Hancock Street. Arrest made. Out with suspect from 23009882. Female under arrest malicious damage to motor vehicle.

Total Calls For Service Feb. 17 - Feb. 23: 1,009

LARCENY MOTOR VEHICLE: Adams Street (4)
BREAKING AND ENTERING/PAST: West Howard Street, Burgin Parkway Ext., Elm Street, Putnam Street
BREAKING AND ENTERING/MOTOR VEHICLE: Fayette Street, Gay Street
Open Door: Baxter Street

The Job Well Done Column Was Not Available For Publication This Week

AAA Urges Drivers To Check For Open Vehicle Recalls

Find Open Recalls At [NHTSA.gov/recalls](https://www.nhtsa.gov/recalls)

With the recent "Do Not Drive" warning issued by Honda for thousands of vehicles equipped with extremely dangerous and unrepaired Takata Alpha air bag inflators, AAA is urging all drivers to immediately check the recall status of every vehicle they drive.

In February, Honda issued a warning for more than 8,200 Honda and Acura vehicles manufactured between 2001 and 2003 that are still on the road with defective Takata airbag inflators that have a 50 percent failure rate. If the inflators rupture, metal fragments can be propelled toward the driver's face, causing devastating injuries or death.

Although Honda has replaced or accounted for nearly 99 percent of the recalled inflators, the remaining 8,200 vehicles subject to the warning remain unrepaired and unaccounted for. Models with the defective air bags include:

- 2001-2002 Honda Accord
- 2001-2002 Honda Civic
- 2002 Honda CR-V
- 2002 Honda Odyssey
- 2003 Honda Pilot
- 2002-2003 Acura 3.2 TL
- 2003 Acura 3.2CL

Honda's warning comes on the heels of a similar directive from Fiat Chrysler Automobiles in November 2022 involving roughly 276,000 model year 2005 to 2010 Dodge Magnums, Chargers and Challengers and Chrysler 300s. That warning came after two people died in separate crashes involving 2010 Dodge chargers equipped with Takata airbags.

Ignoring Takata air bag recall notices can have fatal consequences. Last June, a 2006 Ford Ranger owner in Florida was killed in a minor crash when an unrepaired Takata air bag inflator exploded. That vehicle was subject to a "Do Not Drive" warning at the time of the crash and Ford Motor Company said that more than 100 recall notices were mailed to the owner and a representative visited the owner

in person.

As of January 2021, about 67 million inflators were under recall for risk of explosion. Nineteen vehicle manufacturers were affected. According to the National Highway Traffic Safety Administration, about 50 million inflators have been repaired or accounted for. Twenty-four people have been killed and more than 400 injured from defective inflators.

Every Takata air bag under recall will be replaced for free. Although millions of recall notices have been sent to owners by mail, millions of vehicles still need to be fixed. Checking to see if a vehicle is affected by a recall is easy. Visit [NHTSA.gov/recalls](https://www.nhtsa.gov/recalls) and enter a vehicle identification number to check the status of all recalls for a specific model.

Along with Takata air bag recalls, AAA is urging the owners of the following vehicles to make sure their vehicles are repaired right away:

- Tesla Model S, Model X, Model 3 and Model Y vehicles equipped with "Full Self Driving" Beta software. The automaker is recalling 363,000 vehicles due to safety concerns about the FSD Beta system allowing vehicles to act unsafe around intersections, such as driving straight through an intersection with a turn-only lane, entering a stop sign-controlled intersection without coming to a complete stop, or proceeding into an intersection during a steady yellow traffic signal without due caution. NHTSA also said the system may respond insufficiently to changes in posted speed limits or not adequately account for the driver's adjustment of the vehicles speed to exceed posted speed limits.

- Subaru Ascent vehicles from Model Year 2019-2022. The recall affects 271,694 vehicles that are at increased risk of fire due to a production defect with the wiring of a heating system component. Two fires have been reported so far, but there are no reported injuries or crashes.

- Dodge Ram 1500, 2500 and 3500 pickup trucks from model years 2019-2022. A total of 1.2 million trucks may be equipped with tailgates that fail to latch properly due to misaligned tailgate strikers. This could cause tailgates to open while driving.

City Getting \$1.5M For Downtown Intersection, Garage

Continued From Page 3
seeing in the downtown."

Lynch described the improvements made in Quincy Center in recent years – such as the construction of the Hancock-Adams Common, the opening of the Generals Bridge, and changes to traffic patterns – as amazing.

"The mayor has done a fantastic job in terms of bringing the city forward, and it's not easy. It's not easy. People hate change. Even good change, people hate," Lynch said. "You can just take a walk around the city of Quincy today and it's just amazing, the transformation."

The congressman said that in the past, federal money was given to state governments with strings attached on how those funds could be allocated. For the past four years, Lynch said individual members of Congress, like himself, have been allowed to include earmarks in funding bills for projects that they view as priorities. Lynch said he meets with officials from local government to determine which projects should be prioritized.

"The way we work it out in the Eighth Congressional District is that I sit with Mayor Koch, I sit with our reps and senators, I sit with our city councillors, get feedback for what the priorities are for that area, for that city or for that town, and then try to tie the money in a way that meets not only our obligation to spend money wisely but also... tries to cede to the wishes of the city and town," he said. "The people who are here every single day are really the ones who know what is needed most, and so that's really how this is supposed to work."

Lynch was optimistic such earmarks would continue going forward, even with Republicans in control of the House of Representatives.

"Early on it was difficult to persuade some of my Republican colleagues about the rightness of allocating money directly from Congress, the earmark process, but I'm happy to say, even now, with Republicans in charge, they've seen the impacts these grants have made in their own little town," Lynch said.

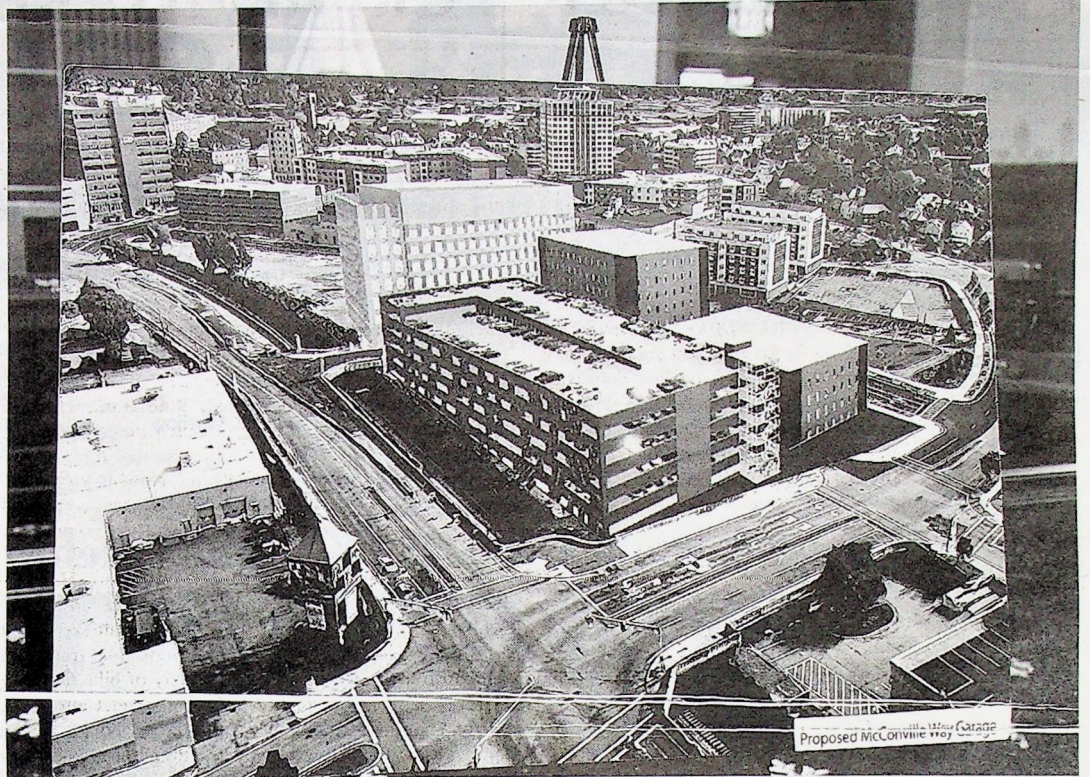
"I think we have persuaded our Republican colleagues to keep this process going so that we can allow cities and towns to make the decisions on federal funding directly."

Koch later reiterated his previous comments about public improvements in Quincy Center being paid for by new growth seen in the district and by the state and federal governments.

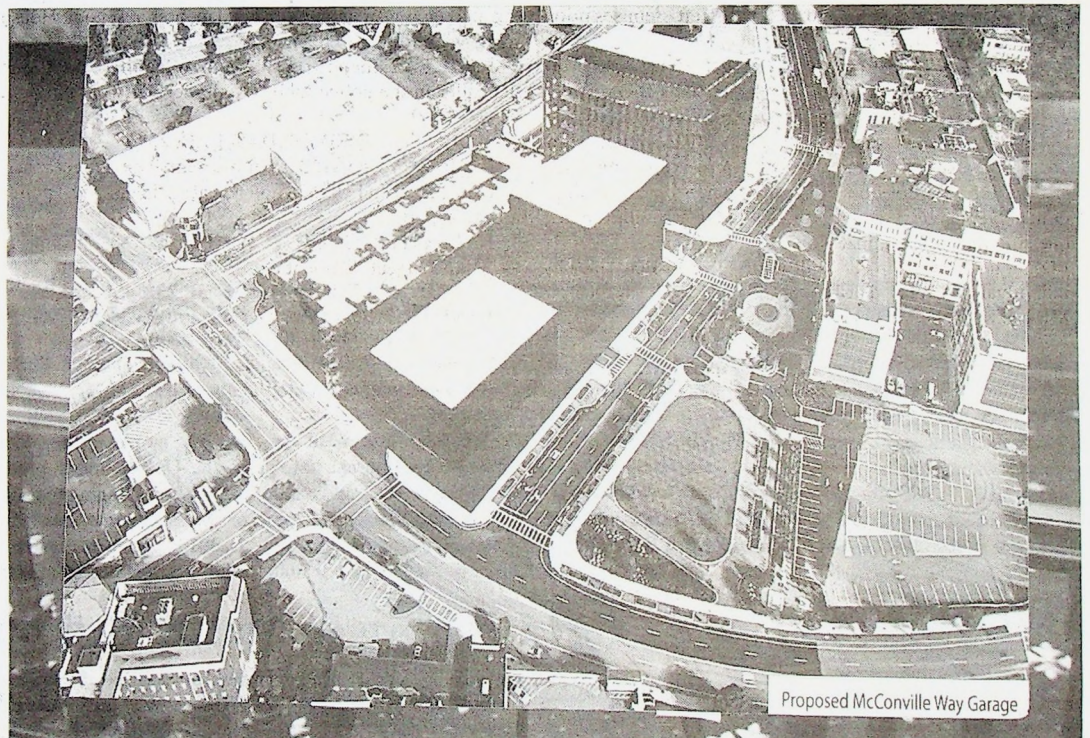
"What we have said from day one is the downtown would pay for itself through the DIF model, through our partners at the federal level, and through our partners at the state level," Koch said. "At the end of the day, it is still taxpayer money – I know some people remind me of that – but wouldn't you rather have it come to Quincy than to Worcester?"

The contract to construct the new intersection at Hannon Parkway and McConville Way is currently out to bid, and bids will be opened on March 16. Koch said it was too soon to say what the project would cost until the bids are opened.

The city had been awarded a \$2.3 million Mass-Works grant from the state for the project in December 2021.



CONCEPTUAL RENDERINGS of the proposed municipal garage to be built near McConville Way and the Paul Harold Bridge. Top photo is looking north from Burgin Parkway toward Quincy Center. Bottom photo shows Hannon Parkway to Paul Harold Bridge (bottom of photo), as well as General McConville Way and the Generals Park area. Quincy Sun Photos/Robert Bosworth



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680 Truman Parkway
Hyde Park: 617-910-9175

102 Franklin Street
Quincy: 617-481-5257

479 Washington Street
Quincy: 617-786-8888

In a recent interview with The Sun, Koch said work on that intersection would begin in the coming months and would be largely complete by the end of the year with some punch-list items,

like plantings, left for next year.

"It will be starting, I think, late spring or early summer," he said. "That should be a one-season contract, so it should be

wrapped up before winter.

"As you know, that eliminates that whole bottleneck off of Burgin when you hit the light right away and those people trying to take a right get caught there. It

gives us a lot more queuing space, moving it up the street. You'll have a dedicated turning lane going up the Parkway. It was always part of the long-term master plan once we got McConville done."

99-Year Granite Links Lease 'Great Deal' For City, Koch Says

By SCOTT JACKSON

The proposed 99-year lease between the city and the Granite Links Golf Club is a great deal for Quincy, Mayor Thomas Koch said recently in an interview.

While there is no deadline on approving the new lease, the mayor added that he hopes it gets passed soon.

Koch has introduced a home-rule petition that would enable the city to

enter into a lease of up to 99 years with Quarry Hills Associates, the operators of Granite Links, for the 242-acre site off Ricciuti Drive. As a home-rule petition, it requires approval from the City Council, the mayor, the state legislature and governor.

The current 50-year lease for the site was approved in 1994 and then amended in 2002. The city receives 10

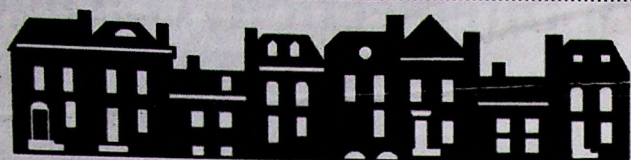
percent of all gross golf-related revenue the club generates and 10 percent of all other net revenue from the facility, including functions and food and alcohol sales. Between 2002 and 2022, the city received \$7.6 million in rental payments from the club, including \$825,000 last year, a representative from Granite Links told city councillors in February.

The City Council has

held two public hearings on the proposed 99-year lease, the first in November and the second one last month. Nineteen residents spoke February's public hearing; a majority of those who spoke raised concerns about the proposal while five said they were in favor of it.

When he was asked about the 99-year lease in a recent interview, Koch said

Continued On Page 20



Real Estate

Quincy Real Estate Transactions February 20 - February 24

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Kevin Arnold
Nicholas Quinn
Wang Bian & Xuan Zhang
James J. Dowgialo & Genevieve W. Stuttaford
Frances E. Boyle & Joanne M. Simpson
Thomas Gildea
Kim M. Saliba & Evelyn F. Lyons

BUYER

Daniel Perry
Xu Yan & Shilin Liang
Xiao X. Zhao
Kyle J. Maher & Elizabeth P. Worriow
Yan Y. & Paitoon Chan
Dennis & Judith Coyne
Eric C. Greene & Marlene M. Jandricic

AMOUNT

\$495,000.00
\$420,000.00
\$348,000.00
\$670,000.00
\$675,000.00
\$700,000.00
\$750,000.00

ADDRESS

29 Peterson Road
34 South Street Unit 105
77 Holbrook Road
162 Butler Road
70 Kent Street
676 Furnace Brook Parkway
61 Garniner Road

Good Deeds: Norfolk Registry Of Deeds Celebrates Black History Month

By WILLIAM O'DONNELL
Norfolk County
Register of Deeds

Black History Month commemorates the contributions made by African Americans to our country and to the fabric of what makes up our country. Let us be proud and take note of all noted contributions, knowing that people from our communities here in Norfolk County have contributed to that history.

As Black History Month is celebrated, let us be aware of connections to Norfolk County.

Booker T. Washington was born into slavery in 1856. He was an educator, author, and orator who, during his lifetime, was one of the prominent voices for African Americans in the United States.

Booker T. Washington established the Tuskegee Institute, a school of higher learning for African Ameri-



BOOKER T. WASHINGTON

cans located in Alabama. He called for progress through education and entrepreneurship. Booker T. Washington's connection to Norfolk County was that he vacationed for several summers at the residence owned by William H. Baldwin, Jr., in South Weymouth at the intersection of Main Street and Columbian Street.

As part of the 225th Anniversary Commemoration of Norfolk County in 2018, the Registry of Deeds chose another notable African



AUDIE CORNISH

American, Audie Cornish, who hails from the Norfolk County community of Randolph, to be in its Notable Land Records book. Audie Cornish was born in Randolph in 1979. She graduated from Randolph High School and attended the University of Massachusetts at Amherst.

Audie Cornish went on to become a journalist for the Associated Press and later a reporter for Boston public radio station WBUR. In 2005, she shared first



WILLIAM MAURICE 'MO' COWAN

prize in the National Awards for Education Writing for a report entitled "Reading, Writing, and Race." Ms. Cornish became a reporter for National Public Radio, later becoming a host and news chair.

William Maurice "Mo" Cowan lived in the Norfolk County town of Stoughton. He was appointed to serve as the United States Senator for the Commonwealth of Massachusetts on Feb. 1, 2013. He served along with U.S. Senator Tim Scott



DEVAL PATRICK

(R-South Carolina) making it the first time that two African Americans served simultaneously in the U.S. Senate. Prior to his appointment, Sen. Cowan earned a law degree at Northeastern University and joined the prestigious law firm of Mintz Levin, where he later became a partner. Mr. Cowan left the law firm to become counsel to Gov. Deval Patrick.

Speaking of former Massachusetts Gov. Deval Patrick, an African American



FLORIDA RUFFIN RIDLEY

who was elected as Governor of Massachusetts in 2006, he served two terms as governor. Did you know he lived in the Norfolk County town of Milton?

Florida Ruffin Ridley was an African American civil rights activist, suffragist, teacher, writer, and editor born in 1861. She was one of the first black public schoolteachers in Boston and edited the Women's Era, the country's first newspaper established by and for

Cont'd On Page 15

Ask Barbara Graceffa: Say Goodbye To Master Bedrooms, Other Outdated Terms

Is it politically incorrect to use the term "master bedroom" these days? Josh

Yes. For the same reasons we now say mail carrier or postal worker instead

of mailman, words have social impact. Like many other fields, the real estate and home design industries have also moved to replace sexist, racist, and otherwise inappropriate language with more sensitive and inclusive terms.

According to a New York Times article on this subject, the term master bedroom was first used in a 1925 advertisement selling plans for a Sears Roebuck catalog

home. Many believe that the term master bedroom referred to sleeping quarters of slave owners; however, in the mid-nineties, the United States Department of Housing and Urban Development (HUD) determined that the term was not discriminatory or violated any fair housing laws.

Even so, the term is certainly sexist. As such, realtors and designers have stopped using this expres-

sion to describe the largest bedroom in a home. Instead, we are calling it the main, principle, or primary bedroom. Master suite, indicating the largest bedroom and accompanying bath, has a new name, too; today it is called an en suite, owner's suite, or, depending on its size, an owner's retreat.

Here is a short list of other outdated, loaded language (and their more equitable replacements):

Bachelor pad: Many gender-specific terms have been eliminated; a more sensitive description might label it as the perfect small home for a single person or first-time buyer.

Family room, nursery, and playroom: Once used to attract the traditional nuclear family, these are now identified as secondary living spaces, additional bedrooms, or bonus rooms, respectively.

Handy-man special: This gender-specific term-

nology has been replaced by fixer-upper. In the same vein, I recall seeing ads year back to "invite Martha Stewart and Laura Ashley" to help decorate the home.

His 'n hers/Jack 'n Jill closets or sinks: Since some homeowners are single and not all partnerships are heterosexual, these terms have been replaced by dual closets and sinks.

Kid-friendly neighborhood: While not every homeowner has children, this designation is no longer used.

Man-cave and she-shed: These are called entertaining or hobby spaces, media centers, meditation rooms, or home offices today.

Mother-in-law suite: Because this might be used by an adult-child or other relative, today this is an independent living or shared space.

Walk-up: Thought to be insensitive to those in

wheelchairs or with other mobility issues, realtors advertise such homes as residing in non-elevator buildings.

Walking distance to X: For the same reason as above, realtors now indicate the number of blocks to desirable locales like restaurants, transportation, and shopping.

It is more than quibbling over semantics; words have power. I love this quote by Confucius, "Without knowing the force of words, it is impossible to know more."

Barbara Graceffa owns and operates Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her decorating, downsizing, decluttering and home décor sewing services, decorating workshops, and quilt programs and shows at www.sec-interior.com, and enjoy her art quilts on Instagram @secretaryinteriordecorating. You can reach her at 617-921-6033.



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Good Deeds: Norfolk Registry Of Deeds Celebrates Black History Month

Cont'd From Page 14

African American women. Florida Ruffin Ridley lived in the Norfolk County town of Brookline, where in 1896 she was one of the town's first African American homeowners. In September 2020, the Florida Ruffin Ridley School in Brookline was renamed in her honor.

The Norfolk Registry of Deeds building is located in Dedham. This Norfolk County community recently honored the life of William B. Gould (1837-1923) by renaming the East Dedham Passive Park in his honor.

William B. Gould was born into slavery in North Carolina. He escaped slav-

ery in 1862 by boat during the Civil War. Mr. Gould served for the Union for the rest of the Civil War in the Navy, chasing Confederate vessels. After the Civil War ended, this Civil War Navy Veteran was a distinguished member of the Dedham Community.

Henry W. Diggs was a lifelong resident of my hometown of Norwood from 1906 to 2003. He and his relatives were the first African Americans to settle in Norwood. After graduating from Norwood High School in 1924, Mr. Diggs worked for the Norwood Press. He would later serve as a radio repairman for the

U.S. Army Signal Corps during World War II. Henry Diggs was active in town government, having served on the Norwood School Committee, Town Meeting, and the Blue Hills Regional High School Committee.

Mr. Diggs, in a high school graduation address, urged graduates to "build a bridge" to one another so that "walls of suspicion, fear, prejudice, and hate will disappear."

Sam Jones was a clutch basketball scorer who won 10 championships with the Boston Celtics during their dynasty in the late 1950s and 1960s. Mr. Jones died recently at the age of 88.



WILLIAM B. GOULD



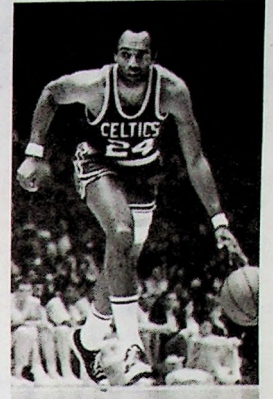
HENRY W. DIGGS

Sam Jones, who played for the Boston Celtics, wore the number 24, which was retired by the Celtics in 1969, while he was still an active player. He was inducted into the Naismith Memorial Basketball Hall of Fame in 1984, having played all 12

of his NBA seasons with the Boston Celtics.

Sam Jones owned a home with his wife Gladys in the Norfolk County community of Sharon while he was playing for the Boston Celtics.

We wish to honor the



SAM JONES

contributions that African Americans have made throughout history and here in Norfolk County while also recognizing that the fight for equality and justice continues.

James Dunphy To Receive Lions Club Francis X. McCauley Award March 29

The Francis X. McCauley Community Service Award is named in honor of the late Frank McCauley, former mayor and long-time member and president of the Lions Club of Quincy. Nominated annually by Lions Club members, candidates for the McCauley Award are local 'unsung heroes' who demonstrate a commitment to serving the community consistent with the Lions Club motto, "We Serve."

This year, the Lions Club is honored to bestow the Francis X. McCauley Community Service Award to James M. "Jim" Dunphy, CPA, CMA and President of South Shore Bank, in



JAMES DUNPHY

recognition of his untiring hard work and the significant impact he has had on the community. Jim has been a strong and effective community leader for many years.

Dunphy will be present-

QATV To Be Presented Special Award At 'Evening For Sight' Gala

ed the award at the Lions Club's annual Evening for Sight Gala on March 29th at the Tirrell Room in Quincy.

Also honored that evening will be Quincy Access Television. QATV will be presented a special award for their unwavering support of the Lions Club.

Emceed by Michael Bel-lotti, the evening will begin with a cocktail reception at 6 p.m., followed by dinner and program, including raffles and a silent auction.

Tickets are \$75 and can be purchased by visiting QuincyLionsClub.com and clicking the yellow "donate" link that connects to Evening for Sight tickets

sales.

Tickets can also be purchased by check made payable to Lions Club of Quincy and mailed to Quincy Lions Charities, Inc., P.O. Box 27, Quincy, MA 02170. Email QuincyLionsClub@gmail.com with any questions or concerns.

Proceeds of the Gala help the Lions Club continue its long and proud his-

tory of assistance to blind and sight-impaired and service to the Quincy community and beyond, including funding Mass Lions Eye Research; awarding two annual high school scholarships and tool-box scholarships for trade and technical school graduates; work with the Braille Press, Perkins School for the Blind and the Carol Center; provide

financial assistance to Quincy residents for eye exams and glasses; partner with schools to provide KidSight eye screenings for students; operate the Lions Club Eyemobile; participating in important causes in the community; and supporting the Lions Club International Foundation, which helps people all over the world with vision issues.



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Beautify Your Home With A Bit Of Greenery

By MELINDA MYERS

Whether you want to create a tropical oasis indoors or dress up your décor, plants are the answer. A few plants set on the floor, hanging from the ceiling, or displayed on a table can beautify any room, boost your mood, and reduce stress.

Select plants suited to the growing conditions and your gardening style. This reduces ongoing maintenance and increases your growing success. If you tend to overwater, look for plants that thrive in moist soil conditions. Grow more drought-tolerant plants if you are a gardener that tends to underwater. Check plant tags for tips on light and water needs.

Use large floor plants to create a focal point, provide height and balance in the room and brighten bare walls. Fiddle leaf and weeping figs, rubber plants, dragon trees (*Dracaena marginata*), and palms are a few popular plants available as indoor trees. Set them on a plant caddy to protect your floors. This also makes it easier to move them for cleaning and maintenance.

Large plants and indoor trees are often pictured far from a window or placed in a dark corner of the room. Make sure the plants receive sufficient light or supplement natural light with attractive energy-efficient plant lights like the Alden Grow Lamp with a full spectrum LED bulb to help keep them healthy and looking their best.

Hang trailing plants like pothos, philodendrons, ivy, and others from the ceiling, in front of windows, or set them on shelves. The cascading foliage provides a bit of screening and softens hard surfaces for a cozier look and feel. Elevating plants also helps keep them away from curious pets and children.

Dress up any room, small or large, with wall-mounted planters like the Kira Grow Light Hanging Planter with a built-in light or the Triple Wall Planter or Wall Shelf with Planter. Plant-filled wall planters serve as living art, providing added color, texture, and form to any blank space.

Use plant stands like the Crisscross Cascading Plant



MULTI-LAYERED PLANT stands, like this crisscross design, allow you to showcase many plants in a small space.

Photo courtesy of Gardener's Supply Company/gardeners.com

Stand to expand your indoor garden to various levels throughout the house. Furniture grade and multifunctional stands like the Mobile LED Grow Light Cart (gardeners.com) allow you to maximize the function and growing space in your home.

Brighten any room with colorful and flowering plants. Crotons, prayer plants, dracaenas, and philodendrons are just a few indoor plants with colorful leaves. Grow peace lilies, anthuriums, bromeliads, and moth orchids for a bit of floral beauty.

Boost the renewal powers of a good night's sleep by including a few plants in your bedroom. The added greenery can create a sense of calm. The oxygen and boost in humidity the plants provide are also beneficial.

Elevate your bathroom to spa level with some greenery. The humidity in the bathroom is great for ferns, air plants, prayer plants, and a variety of other tropical plants. You'll enjoy this splash of greenery when stepping out of the shower or tub.

Add a few plants to your home office. Looking at and tending plants can help increase focus and creativity.

Containers are an important part of your indoor garden. They should contain drainage holes to reduce the risk of soggy soil and root rot. Self-watering pots help take the guesswork out of watering, reduce maintenance, and for many will increase gardening success. No need to have matching pots but consider using those made from similar materials and design elements. This helps provide unity throughout your indoor garden and home's décor.

Start your plant makeovers one room at a time. Just like any home decorating project, dividing it into smaller tasks is easier on the budget and makes the process less overwhelming.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening* and *Midwest Gardener's Handbook, 2nd Edition*. She hosts *The Great Courses "How to Grow Anything"* instant video and DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her website is www.MelindaMyers.com.

Keep Your Houseplants Safe From Cats

By MELINDA MYERS

Growing houseplants when curious cats are in the house can be challenging. We want our cats to be safe and happy while keeping our houseplants intact. You can accomplish both with a few simple strategies.

Boost indoor gardening success by selecting plants suited to your home's growing conditions and gardening style. Then be sure to remove any toxic plants to ensure your pet's safety. Consult with your veterinarian and visit the American Society for the Prevention of Cruelty to Animals (ASPCA) website for a list of pet-safe and toxic plants.

Create a list of all the plants you are growing. Include both common and botanical names for accurate identification. Do a bit of research on the care they need and their toxicity to your pets. If you suspect your pet has ingested a toxic plant, you'll have the proper plant name when contacting your veterinarian.

Match the pet-friendly plants you select to their preferred light conditions. An east- or west-facing window provides enough light for most indoor plants. Keep those that need brighter light within two feet of a window. Those that prefer lower light can be grown near a north-facing window or up to six feet back or off to the side of an east- or west-facing window.

Keep toxic plants out of the reach of curious cats. This can be challenging if your cat is skilled at jumping and climbing. There are so many beautiful houseplants it may be safer to simply avoid those that are toxic.

Make your houseplants less appealing to your cat with the smell of citrus. Spray a mixture of lemon, lime, or orange juice diluted with some water on the leaves of your plant. Or purchase one of the commercial mixes. If you don't want to spray your plants, place citrus peels in the pot.

Give your cat a pot of



CAT GRASS KITS are easy to grow and provide fresh, healthy wheatgrass, oat grass, and/or ryegrass for cats to nibble on instead of your plants.

Photo courtesy of True Leaf Market

grass to nibble on and enjoy instead of your houseplants. Most cat grass kits contain wheatgrass, oat grass, ryegrass, or a mixture of these. A pot of cat grass can help entertain your cat, provide fiber and some micronutrients, and aid in digestion.

There are several theories as to cats' attraction to greenery. One theory suggests plants were used to help them regurgitate undigested parts of their prey. Many cat owners find it also works for hairballs. Another theory suggests that greens provide vitamins and minerals, may promote health, and aid in digestion.

Busy and new gardeners can successfully grow a pot of cat grass. Look for an easy-care growing kit like True Leaf Market's Organic Self-Watering Cat Grass Kit (trueleafmarket.com). You'll only need to fill the water reservoir twice a week and the container helps eliminate messes and spills that often happen with traditional pots.

Prevent curious cats from knocking over any of your plant containers with the help of mounting putty. A couple of pieces on the bottom of the pot will help

reduce the risk of toppling. Prevent cats from using indoor plants as litter boxes. Cover the soil surface with coarse mulch, like cork or large nugget mulch. If this is not an option, spray the soil surface with the citrus and water mix to help discourage digging.

Regular play can entertain your cat, help reduce stress, and even reduce plant nibbling. This is also good for your well-being and the beauty of your indoor plants.

Implement these strategies and you'll be able to help your cats and plants co-exist in your home.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening* and *Midwest Gardener's Handbook, 2nd Edition*. She hosts *The Great Courses "How to Grow Anything"* instant video and DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by True Leaf Market for her expertise to write this article. Her website is www.MelindaMyers.com.

Two Quincy Students On RIT Dean's List

Two students from Quincy have been named to the Dean's List for the fall semester at Rochester Institute of Technology in Rochester, N.Y.

They are: Andrew Chen, who is in the microelectronic engineering program; and Sam Sit, who is in the computing and information technologies program.

More Quincy news:

The Quincy Sun.com

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Online Fundraiser To Support Family Displaced By House Fire

By SCOTT JACKSON

An online fundraiser has been established to support the family of three displaced by a two-alarm fire in Quincy Point Feb. 17.

A fundraiser is available through the website GoFundMe to support the Demardino family, who were residing in the second floor of the two-family home at 15 Hersey Place. Nicholas Rue, who started the fundraiser, wrote that the family lost their dog and most of their personal items that night.

To view the GoFundMe, visit: <https://gf.me/v/c/9wft/yjxeww-loss-of-home-due-to-house-fire>.

"The family is nothing but the most kind-hearted people, and they have sacrificed and done so much for the Brazilian community and church community as well. Please help this family rebuild and support them through this tough time," Rue said. "Thank you and god bless."

More than \$8,745 had been raised as of Feb. 27. A fundraising goal of \$10,000 has been set.



QUINCY FIREFIGHTERS BATTLED a two-alarm fire on Hersey Place in Quincy Point Feb. 17. The fire displaced four residents, none of whom were home at the time. A dog was killed in the blaze. Photos courtesy Quincy Fire Department.

Quincy firefighters were called to the fire on Hersey Place, a dead-end road off Washington Street, shortly after 8 p.m. on Friday, Feb. 17, said Capt. Nate Egan. The first companies to arrive on scene encountered heavy fire on the second floor of the two-family home.

Firefighters made an interior attack upon arrival before switching to a defensive approach. Working in a tightly packed neighborhood amid windy conditions, and with some difficulty getting enough water, firefighters stopped the blaze from spreading to surrounding homes.

"The guys did a great job. It was a very cold night, a very windy night," Egan said. "They did a great job containing it to that house."

Firefighters spent about four hours on scene. A portion of Washington Street was closed to traffic as crews battled the fire.

Three people had been residing in the unit on the second floor of the home and another person in the unit on the first floor, Egan said. No one was home at the time of the fire. A dog that was a family pet perished in the fire.

No injuries were reported among the firefighters who responded to the scene.

Egan said the damage from the fire was mainly to the second floor and attic of the home.

The cause of the fire remains under investigation. It is not considered suspicious.

Mayor Thomas P. Koch invites you to celebrate Women's History Month

Remember the Ladies A Presentation & Tea



Honoring
First Lady Abigail Adams
&
5 Remarkable Quincy Ladies
from the fields of Arts & Culture,
Non-Profit, Health & Wellness,
Education and History.

Mistress of Ceremony



Kimberly Bookman
Emmy-Award Winning Reporter
7News

Honorees



HISTORY
Abigail "Nabby" Smith
(1765-1813)
Daughter to John and
Abigail Adams
Presentation by Sara Martin
Editor in Chief, *The Adams Papers*
Massachusetts Historical Society



EDUCATION
Erin Perkins
Assistant Superintendent
Quincy Public Schools



ARTS & CULTURE
Sarah Labrie
Music Director
Quincy Choral Society



NON-PROFIT
Beth Ann Strollo
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QCAP



HEALTH & WELLNESS
Cynthia Sierra
Chief Executive Officer
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'A Knight For Mike' Benefit Hockey Game March 25

Quincy High Alumni Vs. West Point Alumni Game To Support Mike Chenette Who Is Battling ALS

Mike Chenette, was diagnosed with ALS, also known as Lou Gehrig's Disease in September 2022 just before his 57th birthday.

Chenette grew up in Quincy, attended Quincy High School, and West Point before serving in the army. He was deployed to Saudi Arabia and Iraq during the Persian Gulf War, and played hockey for the army.

In honor of Chenette's hockey days, friends and supporters from Quincy High School and West Point alumni planned a hockey game fundraiser scheduled for Saturday, March 25 at 3:30 p.m. at Quincy Youth Arena. The fundraiser will include a social, raffle, and of course, hockey.

Recently, the Boston Bruins Foundation hosted Mike, his wife Bridget, brother Paul, son Jake and his friend Ryan Walsh at a Bruins game at the TD Garden. Hockey games are an important part of the Chenette Family's life and what an opportunity for Mike to watch the Bruins live.

The entire family is really excited for a special event organized by friends from Quincy. On March 25th everyone is invited to join "A Knight for Mike" featuring a Quincy High Alumni vs. West Point Alumni hockey game and dinner fundraiser. To learn more click the link <https://facebook.com/events/s/a-knight-for-mike/729163655435564/>.



THE BOSTON BRUINS Foundation recently hosted the Chenette family at a Bruins game at the TD Garden. From left to right: Bridget Chenette, family friend Ryan Walsh, Jake Chenette, Mike Chenette, former Bruins goalie Tuukka Rask and Paul Chenette. A hockey game to benefit Mike Chenette who is battling ALS will feature alumni from Quincy High School and the U.S. Military Academy (West Point) on Saturday, March 25 at Quincy Youth Arena. *Courtesy Photos*

Two Quincy Nursing Students Take Part In Ceremony

Two Quincy students who are studying nursing at Saint Anselm College in Manchester, N.H. recently gathered in the Abbey Church for a blessing before

they begin their first clinical placements.

They are: Katie Golden and Aisling Kelly.

They were among 88 future nurses representing

eight states who received the Blessing of Hands, marking a new chapter in their nursing education by taking the classroom, lab and simulation learning to the clinical environment.



BOSTON BRUINS ALUMNI Tuukka Rask (left) and Bob Sweeney (right) share a moment with Mike Chenette at a recent Boston Bruins game at TD Garden. The Bruins Foundation is supporting the Chenette family as Mike battles ALS.

EMASS Softball Registration Underway

Eastern Massachusetts Senior Softball (EMASS) is opening its annual registration campaign for slow-pitch softball players age 50 and older.

With over 450 members, the league attracts players from towns across Eastern Massachusetts with games played on fields in Wayland, Medfield, and Framingham. The EMASS season opens in late April with 16 or more weeks of regular season games and year-end playoffs completed by October 1. Interested players can register for the EMASS 2023 season at <https://e-mass.org/current-programs>.

EMASS was founded in 1995 and offers active seniors of all skill levels a safe, well-organized opportunity to play competitive slow-pitch softball. EMASS members range in age from 50 to 90. Skill levels range from casual recreational players to those who play on nationally competitive tournament teams.

Players of any skill level will find a spot with teams of similar abilities in one or more of EMASS's six divisions. There are two Saturday divisions and four weekday divisions. All divisions play a double-header each week and many members play on different teams in multiple divisions.

For more information about EMASS Senior Softball League, visit www.e-mass.org.

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City Reviewing Emergency Plans After Braintree Fire

Cont'd From Page 1

information on their Facebook page.

In a statement the day after the fire, Braintree Mayor Charles Kokoros said that Clean Harbors, along with state officials and the Coast Guard, "conducted air monitoring at the facility and in the surrounding neighborhoods during the incident and again this morning and have confirmed that the air quality was, and remains, within normal parameters." Clean Harbors that same day said the trailers contained "a mixture of paints, epoxy, oil filters, solvents and similar waste materials."

In a recent interview, Quincy Mayor Thomas Koch said officials from several city departments were meeting to review

emergency plans for the Fore River Basin in light of the fire, and then Quincy officials will meet with their counterparts from Braintree and Weymouth. He has also brought in Suzanne Condon, a former associate commissioner of the state Department of Public Health, as part of that review.

"I actually have my team meeting as we speak," Koch said when asked about the Clean Harbors fire. "They're going over everything that occurred and how that plays into our evacuations plans and the whole bit. I'm bringing Suzanne Condon in. I have her on consulting anyway with the Health Department - she's been involved with us on a number of issues over the years. She used to be with

the state. She's one of the leading folks in that world, so, she's coming back in on this.

"We're going to look at everything. What happened? How was the response? Was it adequate? And from there, every aspect of that - if it wasn't adequate, what was missing.

"I think that everybody's sensitivities are heightened because of what happened in Ohio (train derailment Feb. 3 when 38 cars of a Norfolk Southern freight train carrying hazardous materials derailed in East Palestine, Ohio) and other parts of the country, and I understand that, so we want to make sure that whatever that plan is that is in place is followed as best you can.

"I've got the Health De-

partment, the Fire Department, the Police Department, Suzanne Condon, all the players that will be involved in that, walking through it. I guess from there we'll have a meeting with the other two towns... and just compare notes. The state also has a role in this, so we'll be checking that as well."

In the interview, Koch said that, based on information he'd received from Deputy Fire Chief Joseph Barron Jr., air quality levels checked out that night.

"Based on what I heard from our acting fire chief, Deputy Barron, they did the air quality testing, and everything seemed in order," Koch said.

"I don't want to get ahead of myself in front of what

might come out of the meeting that we're having and the meetings with the other communities, but decisions were made on site that they felt were the right decisions at that time based on the air monitoring they were doing. I certainly take Deputy Barron at his word on that. But I still think we need to take a deep dive on this and take a close look at every aspect of it - the process, the regulations, our response, was the response adequate enough, should there be notifications.

"Now, there is also the responsibility not to get people worked up about things, so where is that line on the notifications? Something is happening but you're fine, don't panic, or something is happening and evacuate.

We've got to take a close look at all of that.

"We have a responsibility not to create panic but also to obviously protect public safety and everyone's health in that whole Fore River Basin."

When asked what he hopes to achieve through the process, Koch answered, "Good communication to make sure we're protecting the citizens from any hazard."

"A lot of the stuff that you have, planning, is based on what could be, the hypothetical," he added. "Well, now we had an actual event, so now we can assess that event, the response to that event, was everything done well. Was it done right? How can we improve?"

"There's always ways to improve."

Koch: No Major Changes Seen In FY24 Budget

Cont'd From Page 1

the day he has traditionally chosen to unveil the proposed budget. Under the city's charter, councilors can cut money from the budget but cannot add to it. In addition, the City Council only sets the bottom line budget for the Quincy Public Schools while the School Committee determines how that bottom line budget is allocated.

During an interview this past week, Koch said he would be meeting with his department heads early this month to start going over the new budget.

"We'll be doing that I think it's early March that we have our department head meeting purely on the budget. Municipal Finance is working with my office

right now on developing the parameters of the upcoming budget," he said.

"Obviously there's negotiated pay raises across the board, contracts being settled - pretty much all of them on the city side. As you know, the schools we haven't got finished yet. That obviously will contribute to an increase July 1. We haven't gotten into the weeds quite yet, but it's coming up."

When asked if any new programs or positions would be added to the budget for the upcoming fiscal year, Koch said it was unlikely.

"I haven't gotten that far. We could, but I don't see a lot of new things or big expansive programs," he said.

As for new positions in the city's "big three" de-

partments - police, fire and schools - Koch said the Quincy Police and Fire Department are both in good places in terms of staffing. The school system has healthy class sizes, he added, but could be looking for new specialists.

"I think we're now, on the police and fire side, we're probably the healthiest in manpower since the '70s if you look at what we've done over the years incrementally bringing those up. In fact, the hierarchy in both departments have commented to me a number of times about the difference it has made," Koch said.

"That Hersey Place fire, 15 years ago you might have lost three houses on that. A windy, cold night - the whole situation. But now you've got full manpower

on the pieces, they can go to work right away. The old days, it was not unheard of to have three or four alarms. That was to get guys there. It wasn't necessarily to get more apparatus, it was to get the number of guys you need on each piece to accomplish what they do. So, we're in a good place both on the fire and police side. We constantly monitor it."

"On the educational side, our classroom size, teacher-pupil ratio, is healthy," he added. "But...over the last several years we've seen a lot of the specialty stuff - literacy specialists, math specialists, all kinds of those extra pieces. When kids need more help in a certain area, we have more of that today. ELL always draws a lot of resources. Our special needs program is one that is

envied by a lot of communities; we've had people move in just to take advantage of that program. So sometimes success is rewarded with more challenges.

"I think it would be tough for anyone to claim any of those budgets are underfunded or we're not meeting standards. I think we're in a very good place today to meet the challenges in all three big departments."

City councillors in February unanimously approved a resolution, introduced by Councillor Nina Liang seeking a presentation on the city's various financial policies. Liang asked that the update be provided before the start of the budget hearings in May.

During the recent interview, Koch said his administration would be willing to provide the requested information, whether at a committee meeting or in writing.

"If they want it in writing, I'll give it to them in writing. If they want it in person, we'll do it that way," he said.

The general fund budget for the current fiscal year, fiscal year 2023, as approved by city councillors last June was \$372.64 million, an increase of roughly \$26 million over the prior fiscal year's budget. Councillors subsequently cut \$3 million from the city's health care budget in December; the mayor recommended that cut as one of a series of measures taken before tax rates were set.

As Koch alluded to, the School Committee and the Quincy Education Association are in the midst of negotiating a new contract for the city's teachers. The chairperson of the School Committee, Koch was optimistic the two sides would reach an agreement before

the end of June but said he was disappointed with the Massachusetts Teachers Association's involvement in the bargaining process.

"I'm hopeful," Koch said when asked about an agreement on a new contract. "I'm hopeful, but...when you look statewide, it's clearly a statewide concerted effort led by the MTA to disrupt a number of communities."

"I'm disappointed in a way that the MTA has such control over the QEA, but it's part of the game so we're trying to resolve it."

When asked about the possibility of arbitration if the two sides cannot reach an agreement, the mayor said a mediator - not an arbitrator - could be brought in if both sides agreed to it.

"We have another session scheduled, I believe, for March 3. If we don't make enough progress, both sides agree, we could file for mediation. That's an option, that's a tool, but we'll see what happens on the third," Koch said.

The mediator's role would be to help the two sides come to an agreement, the mayor said, not choosing between one or the other's contract offers.

"The job of the mediator is to try to get us, both sides, there, whatever that there is. Whether it's somewhere in the middle or whether it's somewhere in between," Koch said.

"They look at how far you've come, what was on the table originally, et cetera, et cetera. They'll look at all the facts first and then instead of us being in the same room together, we'd be separated and the mediator goes back and forth between the two sides. That's kind of roughly how it's done."

QSO 'Great American Songbook' Concert March 12

The upcoming Quincy Choral Society program, "You'll Never Walk Alone: Songs from the Great American Songbook," features the most memorable and influential popular songs and jazz standards from the 1920s through the 1950s.

Encompassing songs from Tin Pan Alley, the Broadway stage, and Hollywood musicals, this music is known as the Great American Song Book. Under the direction of Sarah Labrie, the performance includes "Alexander's Ragtime Band," "You Make Me Feel So Young," "Happy Days are Here Again," "It Don't Mean a Thing (If It Ain't Got That Swing)," "Sing, Sing, Sing (With a Swing)," "L-O-V-E," and medleys from "The Sound of Music," "Porgy and Bess," and "Singin' in the Rain."

The concert will be held on Sunday, March 12 at

Quincy Catholic Academy Auditorium, 370 Hancock St., North Quincy. The afternoon includes a silent auction and some surprises to benefit the chorus including a raffle. A highlight of the auction is the opportunity to conduct the chorus performing "The Hallelujah Chorus" from Handel's Messiah.

Doors open and auction bidding begins at 1:15 p.m. with the concert following at 2 p.m. Tickets are \$15 and will be available at the door. Seating is limited, and this popular event will be sold out. Come early to buy your ticket and bid.

Named Quincy Choral Society's sixth Music Director in 2020, Sarah Labrie holds a Bachelor of Music in music education from Westminster Choir College. She received both her Master of Music and Certificate of Advanced Graduate Study

in Choral Conducting from Messiah University in July 2021. Ms. Labrie is also the artistic director of Vellichor Vocal Ensemble, a professional chamber choir, and is one of the choral directors at Stoughton High School, where she works with four curricular and two extra-curricular choirs. In addition to conducting and teaching, she actively sings with the Tanglewood Festival Chorus and in various choral performances throughout the U.S. and Europe.

Virginia "Gingy" Grimes, a graduate of Duke University, has served as collaborative accompanist for Quincy Choral Society since 1993. She is also Minister of Music at First Parish, Norwell, Music Director for the Pierce Players of the Milton Public Schools, and Music Director for Derby Summer Arts in Hingham. She is pianist for

North Quincy and Quincy High Schools, for Hanscom Middle School in Bedford, and for Temple Beth David, Canton, during High Holy Days. Ms. Grimes also teaches and accompanies at Milton Academy. She has been musical director for several theater productions including Stephen Sondheim's A Little Night Music and Alan Mencken's Little Shop of Horrors.

Quincy Choral Society was founded in 1981 for the purpose of bringing musical excellence to the South Shore and the world. The chorus performs locally and has performed in music festivals in Washington, D.C., in Europe, at Carnegie Hall, and most recently in Montreal and Quebec.

For more information visit quincychoral.org and follow the chorus on Facebook.

99-Year Granite Links Lease 'Great Deal' For City, Koch Says

Cont'd From Page 13

he wanted to respond to all questions and concerns councillors have raised about the proposal before they vote on the matter. And, while not everyone may be satisfied with the agreement, the mayor said it is a great deal for Quincy.

"We want to make sure that all their questions are answered, that all their issues are addressed. At the end of the day, I'm not so sure everybody will be totally satisfied with everything — that's part of negotiations and deliberations — but I still stand behind it," Koch said. "I think it's a great deal for the city."

Koch has been involved in the development of Granite Links since the project's inception in the 1990s when he was serving as the chief of staff to then Mayor James Sheets. Of all the proposals the city received for the Quarry Hills site, a former town dump, Koch said the proposal from the O'Connell family — the golf course's operators — was the only one that did not require using city funds.

"I don't know if you remember it or not, but I chaired the committee way back when, when I was Sheets' chief of staff. We did an RFP. We had seven different entities respond. The O'Connell response was the only one that didn't call for city money or city bonding — all the others had the city in it for money. Of course the idea there, their strategy, was to get the Big Dig dirt, which worked out," Koch said.

"I know there's times when people like to take shots at successful people. The reality is the O'Connells put tens of millions of dollars at risk to build this project. The city didn't put a nickel up, number one."

"Number two is at the

time we were dealing with a landfill that had no public access. We were spending \$200,000 a year to maintain it for the leachate system. You had to keep the trees and stuff from growing because if the roots penetrated the cap, it would be a problem with DEP. So here we have a beautiful, first-class, nationally recognized golf course with ball fields that were part of the deal — we insisted on the recreational uses as part of the deal.

"And I know there is some disagreement about the walking trails. I don't know if that will ever be totally sorted out because

there was a lot of talk initially about walking and then it kind of dawned on people, you can't have somebody walking through somebody hitting a ball down the fairway. There are some trails that tie in, I think, and they've got to formalize those a little bit. I think honestly they probably haven't paid attention to them in a while and I don't know how many people use it, the walking trails."

The city put the developers "through the ringer" before the original lease was approved in 1994, Koch added.

"I've been involved in that project since day one. I'm not saying that in a bragging way, but I know it backwards and forwards," he said. "I know if the timing wasn't right with the Big Dig, that never would have happened. The O'Connells and former Mayor Hannon was the point person on it. I worked with him on a regular basis. We went through 27 iterations of leases before we signed the lease with them. We put them through the ringer."

In addition to the rent payments the golf course has made to the city, Koch said the development of Granite

Links cleared the way for new residential buildings in the area off Ricciuti Drive.

"Archstone, The Q, those developments up there — they wouldn't have been built if the dump was still there. This has led to some great economic growth for the city and I think over time that whole area is going to change," he said. "Not to get ahead of myself, but that left-hand side going up, I think is too valuable for the uses right now."

"None of that would have happened if we didn't go down this road. I give a lot of credit to Mayor Sheets and the O'Connells for the commitment they made."

Koch said the O'Connells are now seeking the new 99-year lease — which he stated would replace the current lease — because they are planning improvements on site, including potentially a hotel.

"They were looking at doing some major improvements up there — informal talk about a hotel on the site and some other improvements to the golf. That's what kind of tripped it a little bit," Koch said. "To get the investment and loans to do it, you need that continuity."

The mayor said that 99 year leases for public land are not uncommon and are necessary for developers to secure financing for projects they plan to undertake. The MBTA entered into a 99-year lease with the companies behind the mixed-use development at the North Quincy T station, for example, and the city entered into a 99-year lease with Father Bill's and MainSpring for the organization's new housing resource center on Broad Street.

When asked about a timeline for approval of the new 99-year deal with Granite Links, Koch said

he hopes it passes soon but there is no deadline.

"There wasn't a deadline, urgency thing, to it. I hope we can get it resolved soon," he said.

"Most of those councillors weren't around then, probably have no idea of the history of it. I know the typical naysayers come out of the woodwork on any of these kinds of projects. It's always the same names it seems whether it's Furnace Brook or whether it's Quarry Hills or whether it's something else in the community. They are certainly entitled to express their thoughts and opinions — and the public as well as the council is entitled to the answers to the questions. I want to make sure it's all vetted and all the questions are answered before there is a vote."

Councillors and members of the public alike have raised concerns about the intersection of Ricciuti Drive and Willard Street at the bottom of the hill. Koch said the city's traffic engineer, Allison Ruel, is working with state officials on improvements to that intersection. The mayor, a member of the board of directors for the state Department of Transportation, was optimistic about funding for those improvements.

"I know that our traffic engineer, Allie Ruel, and Mass Highway have met — I think we're at 25 percent design — to get comments back and then we will continue to move that forward. My position on the MassDOT board shouldn't hurt getting this thing done, quite frankly, but that needs to be addressed for sure," Koch said. "Whatever the years on the lease are, it definitely needs to be addressed."

"I think they're talking about a signal, a working signal, there."

Friends Of Wollaston Beach To Return To Fully In-Person Shamrock Splash

Sunday, March 12 At 1 P.M., Constitution Beach, East Boston

The Friends of Wollaston Beach will participate in the Save the Harbor/Save the Bay Shamrock Splash Sunday, March 12 at 1 p.m. at Constitution Beach in East Boston.

This year's event will be in-person. FWB participated "remotely" last year. There will be no Splash on Wollaston Beach this year.

The public is invited to join Friends of Wollaston Beach "plungers" at the March 12 Splash in East Boston. Money raised will benefit Save the Harbor/Save the Bay which helps fund free family-friendly events on Wollaston Beach in Quincy.

Fundraising is optional but encouraged. There is a \$20 registration fee. (FWB will reimburse the registration fee to any splasher who raises \$100 for the team.)

All details are on SH/SB's website <http://shamrock-splash.org>, including prize incentives for various levels of fundraising. The top six fundraisers and participants (as well as "best costume") among all teams participating in the Splash will win free round trip JetBlue tickets to anywhere JetBlue flies.

After the plunge, participants will warm up with plenty of hot clam chowder and Harpoon beverages.

You can join FWB's team by signing on to: shamrock-splash.org/FWB go to the bottom of the page, and click "Join our team!" If you choose to "start a team," please be sure your pledges are directed to Wollaston Beach.

Money raised at the Shamrock Splash will support Save the Harbor/Save the Bay's Better Beaches Program in partnership with the Department of Conservation and Recreation. This event funds beach activities across the region from Nahant to Nantasket.

Maureen Mazrimas, president of Friends of Wollaston Beach, said that "FWB is grateful for SH/SB's grants over the years. This year, any grantees who make a team and fundraise will receive the money they raise as part of their Better Beaches grant. What's not to love about that arrangement!"

"Please think about joining the Splash either by participating, and/or making a contribution."

Log onto FWB's website <http://friendsofwollaston.com> for all upcoming events and information on how you can join and become more involved in FWB.

Temple Beth Shalom Events, Activities 600 Nantasket Ave, Hull

Friday, March 3 at 7 P.M.

Kabbalat Shabbat, and Evening Services followed by Oneg

Asnes Chapel with Zoom available.

Sponsors welcome (Suggested donation \$72)

Saturday, March 4 at 9:30 A.M.

Shabbat Morning service followed by kiddush Boyer Auditorium with Zoom available.

Sponsors welcome (\$72)

Monday, March 6 at 6 P.M.

Erev-Purim: Spiel, Costume Contest and Megillah

Please join us for a delightful Purim spiel parody of Billy Joel songs, A Shushan State of Mind. Enter the costume contest to win a prize! We will read the Megillah, receive gifts, eat, drink and be merry! You don't want to miss it!

Save the Dates:

Saturday, March 18 at 9:30 a.m. - Shabbat HaChodesh with Renowned Singer Song-writer Sue Horowitz

Sunday, March 19 at 2 p.m. - Documentary film "In Our Own Hands: The Hidden Story of the Jewish Brigade in WWII" and Panel Discussion Boyer Auditorium. Zoom not available.

23 Quincy Students On Curry College Dean's List

Twenty-three students from Quincy are on the Dean's List for the fall semester at Curry College in Milton.

They are:

Alvarina Cardosoof, Madelyn Fisichella, Taylor Kinsley, Arianna Frates, Kristin Shalvey, Ari Williams, Bethany Bowman,

Dean Colarusso, Alison Comire, Maeve Dugan, Antenella Ibrahim, Katie MacKay, Mia Scott, Lauren Waingortin, Daniel

Casey, Abby Gilmartin, Olivia Haney, Matthew Klier, Michaela Monahan, Jake O'Brien, Kenny Tran, Celia Howland and Olivia Keenan.

Six Quincy Students On Emerson College Dean's List

Six students from Quincy are have been named to the Dean's List for the fall semester at Emerson College

in Boston.

They are:

Tyla Perry, majoring in creative writing BFA and

is a member of the Class of 2023.

Eoin Varden, majoring in media arts production and is a member of the Class of 2023.

DeShaun Darling, majoring in media arts production and is a member of the Class of 2025.

Samuel Hwang, major-

ing in writing, literature and publishing and is a member of the Class of 2023.

Salwa Shuman, majoring in media arts production and is a member of the Class of 2025.

Nandan Nair, majoring in media arts production and is a member of the Class of 2026.

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 SPA 21 MASSAGE Cell: 857-344-3372 Tel: 781-923-1434 152 King St. 2/FL Cohasset MA 02025 Mon-Fr: 9am-7pm Sat & Sun : 9am-6pm www.spa21massage.com spa21massage@gmail.com	KAB SUPER CLEANING Commercial • Residential • Post-Construction Licensed and Fully Insured Karine 508.525.3060 kab.constructionclean@gmail.com	 RAMOS CONSTRUCTION Construction • Painting • Tiles • Carpentry • Roof • Deck Specialist Carpentry • Exterior Painting DECK SPECIALISTS Joao Ramos • Maisa Lesniesky 617.259.4841 Free Estimates • Fully Insured	Winter Special 25% off exterior painting		

PERSONAL	HELP WANTED	ACE WATERPROOFING INC.	Weatherite Roofing & Remodeling Co.
THANK YOU ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, J.D. ST. THERESA Elizabeth & Barbara Kler are the only ones left of the family. The rest of the family is in heaven.	Quality Assurance Consultant (Framingham, MA): Support day-to-day quality operations of all elements of the Quality Man- agement System. May be re- quired to travel/telecommute. Ref code: (G9275-00160). Mail CV/ Cov ltr to: Maryann Hrichak, DPS Group Inc. 959 Concord St., Ste 100, Framingham, MA 01701 HALLS FOR RENT MORRISETTE LEGION POST 81-83 Liberty St., Quincy Function Hall Available Call for Details 617-770-4876 Internet Capable • Weddings Show- ers • Christenings • Meetings After Funeral Gatherings	ACE WATERPROOFING INC. - All Types of Roofing Installation & Repairs - All Types of Masonry and Chimney Repairs - All Types of Waterproofing Including Basements - Sump Pumps, Drainage and Concrete Repairs Call or Text: 617-230-4156 acewpino@yahoo.com Local & 100% Reliable 35+ Years Experience Insured — Licensed	Weatherite Roofing & Remodeling Co. Many Roof Repairs Under \$300 • All Gutter Work New Roofs: Shingle, Slate, Copper, Rubber All Decks, Porches, Wood Rot 508-942-4200 WeatheriteRoofingMA@yahoo.com

Want to pick up a copy of The Quincy Sun? Here are stores in Quincy that sell it on their newsstands: GOODIE'S STORE 1250 Hancock St., Presidents Place NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station HANCOCK MARKET 1520 Hancock St. MIGNOSA'S FRUIT BASKET 138 Granite St. STAR MARKET, 130 Granite St. WALGREENS 132 Granite St. FRANKLIN ST. BP 60 Franklin St. 7-11, 78 Franklin St. SHOP N SAVE LIQUORS 20 Independence Ave. DONUT + DONUTS + MUFFINS 33 Scammell St. PRESIDENTIAL LIQUORS 25 Scammell St. ADAMS VARIETY 22 Independence Ave. DAILY MART 291 Quincy Ave. WALGREENS 418 Quincy Ave. ARTERY GROCERY 1000 Southern Artery	7-11 495 Washington St. DAIRY FARM 330 Washington St. QUINCY MARKET 33 Washington St. 7-11, 230 Washington St. STOP & SHOP Southern Artery CVS, Southern Artery WALGREENS, 550 Adams St. 7-11, 650 Adams St. VILLAGE COMMON MKT. 100 Willard St. COPELAND LIQUORS 273 Copeland St. GRANITE MART 308 Willard St. 7-11, Copeland St. JOE'S PLACE, 260 Centre St. CORNER FOOD MKT. 1060 Hancock St. 200 FOOD MART 200 Sea St. ADAMS SHORE SUPERMARKET 494 Sea St. PALMER ST. MARKET 231 Palmer St. BERNIE'S GENERAL STORE 1147 Sea St. 7-11, 721 Hancock St.	LOCKSMITH Quincy Lock 25 years of lock experience 857-869-3865 CVS, 42 Beale St. BEALE ST. NEWS AND TOBACCO 17 Beale St. COFFEE BREAK CAFE 12 Old Colony Ave. SUPREME LIQUORS 615 Hancock St. SQUANTUM MARKET 205 W. Squantum St. STOP & SHOP 65 Newport Ave. 7-11, 363 Hancock St. WALGREENS, 324 Hancock St. SAM'S VARIETY 125 Billings Rd. LUCKY'S WINE & LIQUOR 66 Newbury Ave. ATLANTIC MARKET & LIQUORS 247 Atlantic Ave. CARMINE'S CAFE 69 Huckins Ave. 7-11, 751 E. Squantum St. LUCKY SHAMROCK 265 Beale St. EVEREST MARKET 121 Standish Ave. 5 CORNER FOOD MART 163 Newbury Ave. WEST ELM VARIETY 139 W. Elm Ave.	KERRY CONSTRUCTION INC. CARPENTRY, GUTTERS, DECKS REPLACEMENT WINDOWS & DOORS SHINGLE & RUBBER ROOFS FULLY INSURED & LICENSED JIM AT 617-825-0592 CLEANING (dust vac etc), PAINTING & many other chores- inside or out. Set price or hourly. "Get acquainted" offer, just \$18⁰⁰/hr! Joe 617-773-1084 20+ YEARS EXPERIENCE	THOMAS C. SWEENEY Smaller Jobs a Specialty 35 Years Experience Carpentry, Siding, Painting, Porches Vinyl/Windows, Doors Roofing, Decking, Steps License #1373 Free Estimates Reliable 781-974-4434 References M&M SALVAGE - CLEANOUTS - CASH FOR CARS - FREE SCRAP REMOVAL 617-842-8205	J.F. ROOFING Co. QUINCY, MA • Shingles • Rubber • Slate • Copper • Vinyl Replacement Windows 617-471-8216 CREDIT CARDS ACCEPTED
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The Quincy Sun

CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET,
QUINCY, MA 02169

PAYABLE IN ADVANCE. Payment must accompany order.

INDEX	RATES
☐ Services ☐ For Sale ☐ Autos ☐ Boats ☐ For Rent ☐ Wanted ☐ Help Wanted ☐ Work Wanted ☐ Pets ☐ Lost & Found ☐ Real Estate ☐ Antiques ☐ Flea Markets ☐ Yard Sales ☐ Instruction ☐ Day Care ☐ Personal ☐ Miscellaneous	1 WEEK ☐ \$9.00 for one insertion, up to 20 words, 10¢ for each additional word. 2-4 WEEKS ☐ \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word. 5-10 WEEKS ☐ \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word. 11 WEEKS OR MORE ☐ \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word. ☐ Enclosed is \$ _____ for the following ad to run _____ weeks in The Quincy Sun. COPY: _____

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

OBITUARIES

Joseph L. Zagami, 83

Joseph L. Zagami, age 83, a lifelong Quincy resident, died peacefully, Wednesday, Feb. 22, 2023, in the comfort of his home, surrounded by his loving family.

Joseph was born in Boston to the late Joseph W. and Violet (Sebastini) Zagami. He was a graduate of Quincy Trade School, Class of 1959.

He was employed in the automobile transmission industry his entire career, and was the well-known owner and operator of the former Jim's Automatic Transmission in Quincy for over twenty-five years.

Joe was an avid bowler and loved the ocean and boating. He was a member of the Dorchester Yacht Club, the Adams Heights Men's Club in Quincy, and the Quincy Lodge of Elks.

After retirement, Joe enjoyed morning coffee and conversation with his friends.

Most of all, Joe was devoted to his family, especially his grandchildren and great granddaughter, supporting all their many activities and accomplishments.

Beloved husband for sixty-four years of Judith L. (Crocker) Zagami.

Devoted father of Diane Rubin of Canton, and the late Debra Condon-Davis and her surviving husband William Davis of Quincy.

Loving grandfather of



JOSEPH L. ZAGAMI

Jamie Rubin and his wife Amy of Holbrook, Danielle Rubin of Canton, Kristen Condon of Mattapoisett, and Cory Condon of West Roxbury. Cherished great grandfather of Jocelyn.

Devoted brother of the late Vincent P. Zagami. Joe is also survived by many cousins and friends.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Sunday, Feb. 26. A Funeral Mass was celebrated in Saint John the Baptist Church, 44 School Street, Quincy, on Monday, Feb. 27. Interment followed at Pine Hill Cemetery, West Quincy.

For those who wish, donations in Joseph's memory may be made to the Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284-9168.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Doris M. Marshall, 86

Doris M. (Dalton) Marshall, of Quincy, died peacefully on Tuesday, Feb. 21, 2023, at Alliance Health at Marina Bay in Quincy. She was 86. Doris was born in Boston on Aug. 27, 1936, and was a daughter of the late James P. and Doris M. (Ballem) Dalton.

Doris dedicated her life to being a mother and homemaker. She was a foster parent for hundreds of children from 1964 to 2017. She fostered up until her early eighties. Doris received many awards in the foster care system, was actively involved with the National Foster Parent Association, and was a lifetime member and instrumental in starting the Massachusetts Foster Parent Association.

Doris was the beloved wife of Donald H. "Skip" Marshall, with whom she shared 68 years of marriage. She was the devoted mother of Arlene Powers of Quincy, Robert Marshall and his wife Sharon of Maine, Doris Mae Richardson and her husband Scott of Quincy, Kimberly Marshall of Taunton, Richard Marshall of Carver, Jennifer Marshall of Georgia, Ra-sheem Marshall of Quincy, Jasmine "Minnie" Marshall of Quincy, Mark O'Connor of Brockton, Eric Turner of Maine, the late Donald Marshall, and the late Elizabeth Marshall. Doris was the loving grandmother of twelve, and the loving great grand-



DORIS M. MARSHALL

mother of seven. She was the dear sister of the late Georgia Larson, June Mead of Arizona, the late James Dalton, the late Richard Dalton, the late Claire Morrissey, Mary Dalton of Rockland. Doris is also survived by many cousins, nieces, nephews, extended family, and friends.

Visiting hours were held on Sunday, Feb. 26, 2023, in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service was held in the funeral home on Monday, Feb. 27, 2023, prior to the Funeral Mass in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy.

Services concluded with interment in Blue Hill Cemetery, Braintree.

In lieu of flowers, memorial contributions may be sent in Doris' name to National Foster Parent Association by visiting: www.nfpaonline.org/donate.

See www.Keohane.com for directions and online condolences.

George R. Alcott III, 69

George Robert "G" Alcott III, of Naples, Florida, formerly of Braintree, died peacefully on Wednesday, Feb. 22, 2023, at the Brigham and Women's Hospital in Boston, at the age of 69.

George was the beloved husband of Kathleen M. "Kathy" Alcott. The two married on Oct. 24, 1999, in Boston. Together they shared twenty-three loving years of marriage. He was the devoted father of Daniel P. Alcott of Braintree and Courtney E. Alcott of Pembroke. George is also survived by his former wife, Anne (Zaks) Alcott of Pembroke, and many loving nieces, nephews, extended family, and friends.

George was born in Quincy on April 27, 1953 and was the son of the late George R. and Marilyn (Gilfeather) Alcott. He was raised in Squantum, attended local schools, and graduated from North Quincy High School with the Class of 1971. George later continued his education at Boston College - Woods College of Advancing Studies where he later lectured on labor relations and ethics. He also studied at Cornell University School of Industrial and Labor Relations.

George served as a past Vice President of the Massachusetts AFL-CIO and the former President of Communications Workers of America, Local 1301 where he served for 20 years. He is the past vice chair of the National Yellow Pages Sales Representatives Association, a former member of the Greater Boston Labor Council and the CWA New York/New England Regional Council.

George's other professional affiliations included, Board of Directors for Blue Cross Blue Shield of Massachusetts from 2006 to 2022, chair of health care quality and affordability committee, chair of corporate donations committee, vice chair of human resources committee and served on the governance committee.

George was a lifetime member of the Quincy



GEORGE R. ALCOTT III

Lodge of Elks #943, Member of the Braintree Lodge of Elks, Member of the North Quincy Knights of Columbus and the founder of the Braintree High School Basketball Boosters Club.

George had a passion for helping others and was especially interested in and excelled at helping the careers of younger people.

The family is sincerely grateful for the excellent care that George received by the many Doctors, Physicians Assistants, Nurses, aides and staff at Brigham & Women's Hospital.

Visiting hours were held on Tuesday, Feb. 28, 2023, in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service will be held in the funeral home at 9 a.m. on Wednesday, March 1, 2023, prior to the Funeral Mass at Divine Mercy Parish in St. Ann's Church, Quincy at 10 a.m. Cremation will follow.

George will be interred privately in Blue Hill Cemetery, Braintree.

In lieu of flowers, the family asks that donations be made to support the Lung Transplant Clinic at Brigham and Women's Hospital. Memorial gifts can be made online at www.bwh-giving.org or checks can be made payable to Brigham and Women's Hospital with "In Memory of George Alcott" in the memo line and sent to: Brigham and Women's Hospital, Development Office, 116 Huntington Ave., 3rd floor, Boston, MA 02116.

Donations may also be made to the American Cancer Society.

See www.Keohane.com for directions and online condolences.

In Loving Memory of



Steven Michael Kubit

February 27, 1959 - February 26, 2021

'Captain'

As time goes by,
We miss you more.
Your loving smile,
your gentle face,
No one can take
your vacant place.

*In loving memory of your birthday
Family and Friends*

IN MEMORIAM

In Loving Memory Of
CAROL F. KENNEDY

1998 FEBRUARY 24 2023



Love's greatest gift - remembrance ♥



Honor Your
Loved One's
Memory
With Flowers

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**More Obituaries online at
www.TheQuincySun.com**

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Judy Pitts, 81

At the age of 81, Judy Pitts, a longtime resident of Braintree, passed away peacefully in the early morning of Feb. 20, 2023 reuniting with her cherished husband, Wally.

Judy was the beloved wife of the late Walter Pitts; loving daughter of the late Alond Berry and Catherine Schofield Berry; sister of Barbara Paine, the late Dorothy Barry, and the late Richard Berry; devoted mother of Amy Mousette and her husband Mark, Catherine Presti and her husband Ronald, and Susan Champagne; grandmother of eleven; and great grandmother of three.

As a teenager, Judy met Wally in the drum and bugle corps at Christ Church Quincy where they were lifelong parishioners. They married and spent fifty-six joyful years together extending kindness, gifts, and talents to everyone they encountered.

Judy loved the ocean. Seagulls in flight, resting, or loudly snatching her bread brought her extraordinary joy. She appreciated quiet walks along the shore. She sailed with Wally in Boston Harbor, often stopping on the shores of Bumpkin, Grape, or George's Islands. To Judy, the rugged coast of Maine was spectacular. She made many trips to Maine, often bringing her children and grandchildren. Together they waded in search of sand dollars, starfish, or sea urchins. She introduced the beauty of her favorite artist Andrew Wyatt, and always, a trip to Maine included lobster at Five Islands or Cooks.



JUDY PITTS

Color inspired Judy to paint, and she painted on everything. She loved sharing her special gift. All year, Judy collected her canvas; rocks, driftwood, rusty skates, old sleds, and all sorts of stuff that she creatively transformed into beautifully painted treasures. Fallen branches were painted into Santa Claus walking sticks. A few crystals from a broken chandelier mixed with iridescent cellophane, hot glue, and a smidge of paint would be transformed into a magical angel. Burnt light bulbs became Griches or cats, and just about anything might morph into a Christmas wreath. Every year she loved filling a table at the Advent fair which was visited year after year by many who collected her art. Her paintings continue to adorn many homes.

Judy's 11 grandchildren were an ever-present joy in her life. She almost always had a grandchild with her. During countless visits, meals and sleepovers, Judy imparted life lessons of caring and service by simple example. Her grandchildren learned as she "halved the potatoes" when an unexpected guest arrived at dinner.

Linda F. McGillicuddy

Linda F. (Foley) McGillicuddy, of Quincy, passed away peacefully at home surrounded by her loving family on Feb. 18, 2023.

Born in Quincy to John and Helen Foley she was raised in Milton. She was a graduate of Fontbonne Academy and Boston College where she studied education.

Linda was a devoted wife, mother and grandmother.

She taught fourth grade for 5 years at the McCulloch Elementary School, Weymouth and after having children taught another 30 years at St. Ann School, Quincy. She was very passionate about her teaching.

She enjoyed spending time with her family, garden-



LINDA F. MCGILLICUDDY

ing, reading and traveling. She was fortunate enough to travel worldwide with her husband and friends, Ronnie (aka the big guy) and Pat. Linda also looked forward to her "meetings" with the lunch bunch and although she was an only child she had many dear friends she

ner time. They rode along when calls sent Judy out to provide rides for someone in need. Her grandchildren shopped with her for ingredients to cook for Father Bill's homeless shelter and church dinners. With Judy, her grandchildren took excursions to the grocery store simply to ensure the freezer was stocked with pound cake; just in case a particular young neighbor with a pound cake affinity might stop in. In all her acts, Judy taught compassion. She immersed her grandchildren in her artistry and Advent fair tradition teaching them not only the skills to draw, paint and create, but the necessity to share those talents as she so freely did.

Judy's life was one of love, caring and service. Her ever-present smile and joy of life will be sorely missed but remain etched in our hearts forever.

Judy's family invites you to join them in giving thanks for her life at a Memorial Eucharist at Christ Church Quincy, 12 Quincy Ave., Quincy, on Saturday, March 11, at 11 a.m., which will be followed by a reception in the parish hall.

In lieu of flowers, donations in Judy's memory may be made to her spiritual home: Christ Church Quincy Memorial Fund, 12 Quincy Avenue, Quincy, MA 02169.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Avenue, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

considered family.

She was the beloved wife of David P. McGillicuddy; dear mother of David and his wife, Brenda of Braintree, Dana and her fiancé, Christopher of Braintree, and Mark and his wife, Mary Beth of Norwell. Proud grandmother of Ryan, Dylan, Ridley, Lauren and Murren.

Visiting hours were held Feb. 23 at the Alfred D. Thomas Funeral Home, 326 Granite Ave., Milton. A Funeral Mass was held at St. Mary's Church in Quincy on Feb. 24. Burial followed the Mass at Pine Hill Cemetery in Quincy.

Please, in lieu of flowers donations can be made in Linda's memory to <https://www.alz.org/>.

Gerald C. Martin Jr.

Gerald C. "Jerry" Martin Jr. of Braintree, passed away unexpectedly on Tuesday, Feb. 21.

He was born in Boston to Ann Marie E. (Dyer) and Gerald C. Martin Sr. and grew up in both South Boston and Quincy. Family was everything and always came first for Jerry. He met his wife, Sharon at a young age and they practically grew up together, as Sharon was his sister Nancy's best friend. Jerry and Sharon have been happily married for 26 years and were blessed with three beautiful children who are their everything.

No matter the time or distance, Jerry was always present for his children and family, whether a sports game, event, school, holiday celebration, or family gathering. He was so proud of his family. His unrelenting devotion, selflessness and loyalty made for an excellent husband, father, son, brother, uncle, and friend.

Jerry was a real estate investor but started as the co-owner of the Farragut House with his parents in South Boston. He went on to own JJ Mulligan's in Braintree.



GERALD C. MARTIN JR.

Through hard work and sheer tenacity, Jerry was able to build upon his initial investments and eventually own several properties in Greater Boston.

In his spare time, Jerry was an avid sports fan, for primarily his Boston teams. He could be found watching any game, indulging in his sweet tooth, finishing a Sudoku puzzle, or reading the newspaper. He also enjoyed a night out with live music and a good time.

Jerry had an admirable, quiet strength as he battled cancer. He fought valiantly and never complained to anyone. He will be missed by all who were lucky enough to know and love him.

Jerry is survived by his

beloved wife, Sharon Martin (Uhlar), and his children Gerald "Jerry" C. Martin III, Ann Marie "Annie" E. Martin and Kathryn "Kay" R. Martin, all of Braintree. Loving brother to Michelle McCusker and her husband Brian of Braintree, and Nancy Coose and her husband Billy of Braintree. Adored by his many nieces and nephews, all of whom he cherished. Devoted son to the late Ann Marie E. (Dyer) and Gerald C. Martin Sr.

Visiting hours were held Monday, Feb. 27, at the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service was held in the funeral home on Tuesday, Feb. 28, prior to the Funeral Mass at St. John's Church, Quincy. A private burial will be held with his family at a later date.

In lieu of flowers, donations in memory of Jerry may be made to the Ronald McDonald House Charities of New England, 250 1st Ave, Charlestown/Boston, MA, 02129. Please see www.Keohane.com for directions and online condolences.

Maria T. Anastasi, 65

Maria Teresa Anastasi (Addomi) of Quincy died peacefully, surrounded by her family on Feb. 23, 2023, after courageously battling a long illness. She was 65.

She was the loving wife and best friend of Steven Anastasi of Quincy for 33 years. Maria was born in Boston and raised in East Boston. Daughter of the late Gloria (Genovese) and Mariano Addomi. She is survived by her son Steven Anastasi and his wife Alyssa Anastasi of Guilford, CT and her daughter Mariah Anastasi of Quincy, MA. She is the loving grandmother to Isla Maria who brought incredible joy to Maria for the past 14 months. Maria is also survived by her sisters Julietta D'Antona of Winthrop and Carmella Trainor of Arizona and many nieces and nephews.

Maria grew up in East Boston before moving to Quincy where she raised her family. She graduated from East Boston High School and worked at Liberty Mutual where she met Steve and later worked for the Quincy School Administration after raising her children.



MARIA T. ANASTASI

Maria enjoyed spending her summers with her family at Big Sandy Pond in Plymouth. Her favorite things were being with her family, throwing parties, dressing up for Halloween, traveling (Hawaii, California, Florida, Arizona, Seattle and Colorado), cooking and making incredible desserts, dancing all night, watching Hallmark and horror movies, babysitting Isla, sitting on the deck watching the fireworks, enjoying sunsets with Steve, having breakfast on the deck listening to Motown, trying anything - (waterskiing, snow skiing, sailing, fishing, tubing, golf, glider airplane), decorating the house for every holiday, spoiling the kids on their birthdays, Easter and Christ-

mas, crushing a Spin Cycle workout, going to ceramics class to make decorations and Pontoon Boat rides listening to Frank Sinatra.

Overall, she just loved every moment of her life and her family and will be missed by all who were lucky enough to know her.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Thursday, March 2, from 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service will be held in the funeral home at 9:45 a.m. on Friday, March 3, prior to the Funeral Mass in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy at 10:30 a.m. Burial in Blue Hill Cemetery, Braintree.

In lieu of flowers, donations in memory of Maria may be made to the Michael J. Fox Foundation, Donation Processing, PO Box 5014, Hagerstown, MD 21741-5014 or Beacon Hospice, 529 Main St., Suite 126, Charlestown, MA, 02129. Please see www.Keohane.com for directions and online condolences.

Quantum School PTO Offering Scholarships

Quantum School Parent Teacher Organization will be offering two scholarships this year awarded to graduating seniors who attended the Quantum School.

Two \$250 Quantum School PTO scholarships are available: one male re-

cipient and one female recipient.

Application forms are available in the guidance offices at North Quincy High School and Quincy High School. Applicants can also pick up applications in the main office at Quantum

School.

Applications must be completed and returned to Quantum School on or before Friday, April 14. Scholarship winners will be chosen by lottery drawing under the direction of the Quantum School PTO.

**There are more
Obituaries online at
www.TheQuincySun.com**

City Cleaning Veterans Lots At Cemeteries Beginning March 15

Quincy Veterans Services Department will begin cleaning up the veterans' lots at Mount Wollaston and Pine Hill cemeteries March

15.

"During this time we will be removing all Christmas decorations and holiday plants, plus anything that has become unsightly and

anything that interferes with the cemetery operations such as mowing and cleaning up in anticipation of our Memorial Day ceremony," said George Bouchard, graves registration officer for Quincy Veterans Services.

"Temporary pots of natural flowers may be placed throughout the year but will be removed when their presence interferes with ground maintenance. There's no in-ground planting allowed at the foot markers in the veterans' lots," Bouchard said. "Permanent planting such as plastic plants or flowers, statues, vigil lights, wind chimes, planting urns and breakable objects are not permitted at any time," he added.

"This is the final resting place for our local veterans and we ask all of you to please cooperate with us in keeping it clean and beautiful when you pay your respects to your loved one. Thank you for your cooperation in this manner," Bouchard added.

Quincy's Christine Booth Cast In Hull Performing Arts Comedy

Hull Performing Arts, Inc. announces the comedy "Drinking Habits" by Tom Smith.

Accusations, mistaken identities, and romances run wild in this traditional, laugh-out-loud farce. Two nuns at the Sisters of Perpetual Sewing have been secretly making wine to keep the convent's doors open, but Paul and Sally, reporters and former fiancées, are hot on their trail. They go undercover as a nun and priest, but their presence, combined with the addition of a new nun, spurs paranoia throughout the convent that spies have been sent from Rome to shut them down.

Wine and secrets are inevitably spilled as everyone tries to preserve the convent and reconnect with lost loves.

The cast of "Drinking Habits" includes:

Sister Philomena played by Alyssa Baldwin of Whitman; Sister Augusta played by Julie Butler of Pembroke; George played by Sam Groll of Duxbury; Mother Superior played by Christine Booth of Quincy; Paul played by Ed Fuller of Weymouth; Sally played by Megan Sullivan of Weymouth; Sister Mary Catherine played by Emily Waystack of Dorchester; Father Chenille played by Nick Anderson of Taunton.

Drinking Habits is directed by Jim Sullivan of Braintree and stage managed by Julie Collinge of Hingham.

Performances are March 3, 4, 10, & 11 at 7:30 p.m. and March 12 at 2 p.m. at the Weir River Estuary Center, 333 George Washington Blvd. Hull. Tickets are \$18 - general admission, \$15 seniors, students and veterans. Tickets can be purchased online on our website: www.hullperformingarts.org.

Tickets can be purchased at the door if any are available. COVID restrictions will depend on current CDC guidelines.

As of now, masks are optional.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO22P2411EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Donna M. Lyons
Date of Death:
07/03/2022

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Christine Connolly of Canton, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Christine Connolly of Canton, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 03/22/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED

ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: February 17, 2023
COLLEEN M. BRIERLEY
Register of Probate

3/2/23

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO17P0784EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Joseph T. Cavanagh
Date of Death:
03/03/2017

To all interested persons:
A Petition for S/A - Formal Appointment of Successor PR has been filed by Paul J. Cavanagh of Beaufort, NC requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Paul J. Cavanagh of Beaufort, NC be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 03/15/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED

ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: February 10, 2023
COLLEEN M. BRIERLEY
Register of Probate

3/2/23

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO23P0269EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Rita M. Previte
Date of Death:
10/25/2022

To all persons interested in the above captioned estate, by Petition of:

Petitioner Donna J. MacFadden of Pembroke, MA, a Will has been admitted to informal probate.

Donna J. MacFadden of Pembroke, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

3/2/23

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO85P2536E2
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Eleanor Bigelow
Date of Death:
September 21, 1985

To all persons interested in the above captioned estate, by Petition of:

Petitioner Kristen Carlson of Lanesboro, MA

Kristen Carlson of Lanesboro, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

3/2/23

'Shamrocks And Shenanigans' Fundraiser At Quincy Point Congregational Church

Welcome to Quincy Point Congregational Church. March 5 is the Second Sunday in Lent. The Sacrament of Holy Communion will be celebrated and the Lenten Series, "Reconnecting with an Unhurried God" continues.

This week's sermon is

called, "Preparing a Table" based on Psalm 23. The Lenten series theme is interpreted from Worship Design Studio, it reminds us that Lent is a time to connect with God and find rest and renewal.

Worship begins online and in-person at 10 a.m. at in the QPCC Sanctuary on 444 Washington St. The elevator on the Abbey Road side of the building makes it easy for anyone who needs it to access the building and participate.

The Quincy Point Firehouse Upgrade is almost complete and two more wrap-up fundraisers for the kitchen project have been planned.

The first is a quilt drawing for one of 3 firehouse themed quilts, handmade by the women of QPCC. One quilt is large crib size and the other two are extra-long twin size. The chances are three for \$20 or one for \$10. Only 300 chances will be sold.

To purchase your entry, contact the church office at 617-773-6424 or office@quincypointcongreg.org. The office is open Monday-Friday from 9 a.m. until 5 p.m. See photos of the quilts on the church's social media or website. Quilt tickets can

always be paid for online at <https://www.quincypointcongreg.org/donate> (use the dropdown box to select quilt drawing) and the church will send your entry stubs and copies of the filled-out ticket.

The concluding celebration to benefit the Firehouse Kitchen project is, "Shamrocks and Shenanigans" - a St. Patrick's celebration will be held on March 18 at 6:30 (doors open at 6 p.m.) Dinner is a loaded Baked Potato bar and entertainment features the QPCC Comedy Club and Musical Revue.

Cost is \$20 per person, children ages 12 and under are free. Purchase dinner tickets at Eventbrite.com, on Sunday mornings or contact the church office.

The three quilt winners will be drawn at this event and there will also be silent auction items. The event has limited seating so be sure to purchase your tickets as soon as possible. The entertainment promises to be a highlight of the evening, particularly the video unveiling of the completed kitchen renovation. Don't miss this opportunity to support a great cause to thank our local firefighters. Stay tuned for a listing of silent auction items.

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-11

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an **Open Public Hearing** will be held on **Tuesday, March 21, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Thomas Cavanagh for a Finding to expand the floor area of the second floor of the property and modify the first floor interior layout in violation of the Quincy Zoning Ordinance Section 3.4.3 (Nonconforming Structures) on the premises numbered 651 HANCOCK STREET, QUINCY. Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

3/2/23, 3/9/23

READERS FORUM

Make QHA Lease Information Available To Public

In the recent City View podcast, Mayor Koch referred to a group of Quincy residents as being jealous of the success of others. The mayor has a tendency of making comments that alienate many Quincy residents (referring to civil justice protesters as "thugs").

These residents appeared at the public hearing portion of the Feb. 13 Ordinance Committee meeting as was their right. They took time

out of their lives to speak on behalf of future generations of Quincy residents. They have questions and concerns regarding the 99-year lease extension.

There are many questions that need to be answered regarding the vagueness of the new lease extension as well as reviewing the current lease. We need to know what QHA (Quarry Hills Associates) agreed to do certain things for the benefit

of Quincy residents, but apparently, the QHA was not fulfilling their part of the agreement, i.e., flooded ball fields, overgrown walking trails with insufficient way-finding signage. But they are addressing these issues now that they are asking for a 99-year lease extension.

As for the proposed 99-year lease, the city needs to review the lease to ensure that the city does not negligently give up benefits (in-

cluding revenue) because a bad decision will negatively impact future generations of Quincy residents.

The city needs to get everything in writing and make the information available to the public for comments. I'm still waiting to receive pdfs of the original, current, and potential leases, I requested from the Mayor's office.

Mary Lally
Wollaston

Three Winter Sports Teams In State Tournaments

Three local high school winter teams have earned berths in MIAA state tournaments with two of the squads seeing action at home this week.

Appearing in the tournaments are:

QUINCY GIRLS BASKETBALL

Quincy girls basketball

NORTH QUINCY BOYS BASKETBALL

North Quincy boys bas-

NORTH QUINCY BOYS HOCKEY

North Quincy boys

(16-4) earned the 27 seed in Division 1. The Presidents were scheduled to host a Preliminary Round game vs. 38-seed Doherty Memorial (11-7) on Tuesday, Feb. 28 at 6:30 p.m. at the QHS gym.

ketball (15-6) earned the 11th seed in Division 2. The Raiders will host 22-seed Whitman-Hanson (12-9) in the Round of 32 Friday, March 3rd at 6:30 p.m. at the North Quincy High School gym.

hockey (5-14-1) earned the 21 seed in Division 3. The Raiders will travel to play #12 Dracut (15-4-1) in the Round of 32. The game is set for Thursday, March 2nd at 5 p.m. at the Tsongas Arena in Lowell.

Here is the link to the full brackets: <https://miaa.net/tournament-brackets/>

Quincy/North Quincy Indoor Track Results At Recent Competitions

MIAA Division 1 Championship 2/17/2023						
First	Last	Gen	Event	Perf	Place	Comment
Salma	Boukhtam	F	800m	1:40.68	5	State Qualifier
Hannah	Moriarty	F	800m	1:41.74	8	PR
Maddy	McGillicuddy	F	800m	1:48.22	21	
Sarah	McKenna	F	1000m	3:24.21	27	PR
Aluna	Coogan-Coyne	F	Mile	5:16.51	6	PR State Qual.
Girls	4 x 200m Relay	F	4 x 200m Relay	1:52.71	13	SR
Melanie Chretien	Eliza Henry	Maddy McGillicuddy	Sofija Slezas			
Jayden	Francois	M	55m Hurdles	8.28	14	PR
Jacey	Ham	M	High Jump	5'09"	14	
Jayden	Francois	M	Long Jump	19'08.25"	15	
Gabe	Rodrigues	M	Shotput	42'11.5"	9	
Girls	4 x 800m Relay	F	Achieved Supermax	Standard on 2/29/23	9:46	State Qualifier
Aluna Coogan-Coyne	Maddy McGillicuddy	Hannah Moriarty	Salma Boukhtam			

MIAA Meet of Champions (formerly Allstates) 2/25/2023 Reggie Lewis Center						
First	Last	Gen	Event	Perf	Place	Comment
Aluna	Coogan-Coyne	F	Mile	5:15.67	13	PR
Salma	Boukhtam	F	600m	1:39.86	10	PR
Aluna	Coogan-Coyne	F	4 x 800m	9:41.38	2	PR NE Qualifier
Maddy	McGillicuddy	F	4 x 800m			
Hannah	Moriarty	F	4 x 800m			
Salma	Boukhtam	F	4 x 800m			
New	Englands	Sat.	3/5/2023	Reggie Lewis Center		

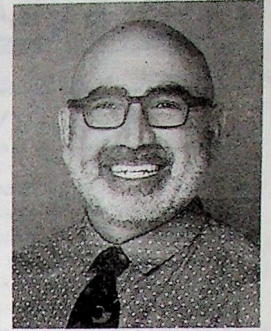
Richard Bonomo VP, CFO At Mass Bay Credit Union

The Board of Directors and the chief executive officer of Mass Bay Credit Union (MBCU) announce the appointment of Rich Bonomo as vice president and chief financial officer.

In his role with the Credit Union, Bonomo is responsible for the oversight of the strategic financial objectives and the day to day duties of the finance department.

"We are so fortunate to have Rich Bonomo with us at Mass Bay Credit Union," said Terry Dorilas, chief executive officer. "His wealth of financial experience as well as his understanding and appreciation for credit union values is what connected us to Rich for this position. We appreciate his vision, new ideas, and enthusiasm in this role."

Based in MBCU's headquarters in South Boston, Bonomo has spent his entire career working in credit unions. He brings history



RICH BONOMO

and knowledge to the position and is a vital member of the Senior Management Team. He is responsible for leading strategic, mission critical financial efforts with focus on growth and stability for the future.

Founded in 1936 as a credit union for MBTA employees, Mass Bay Credit Union has since expanded to include the local communities it serves. As a not-for-profit organization, MBCU puts people, not institutional profit, at the forefront of its mission.

Next Quincy College 'Scholarly Conversations' Community Lecture Series March 9

Quincy College welcomes the community to the second in its continuing free, on-campus lecture series designed to inform, educate and entertain by showcasing knowledgeable faculty members presenting on topics of interest.

On Thursday evening, March 9, the Scholarly Conversations series will continue with three new interactive presentations:

• **Science and Poetry: Frenemies** Dr. Laurel Kornheiser of the English/Humanities Department will bring her audience to the battle lines between science and poetry drawn thousands of years ago. Can metaphor broker a truce?

• **Cancer: Bad Genes or Bad Diet?** Dr. Purna Mukherjee of the Natural and Health Sciences Division will help unravel the latest research on diet and cancer. Could your lunch help fight cancer? It may depend on what's in that

brown bag.

• **High on Supply: Wasted Genius** Dr. Kristin Noone of the College's Business program will uncover the logistical genius behind the illegal drug trade and describe how these criminal masterminds use strategy and creativity to outmaneuver law enforcement.

The program will begin at 5 p.m. in the College's Anselmo Library on the third floor of the Presidents' Place campus at 1250 Hancock St. Each 30-minute presentation will be followed by a brief question-and-answer session. At the conclusion of the final presentation, at 6:30 p.m., there will be an opportunity to socialize with the presenters over complimentary refreshments.

"Once again, we will be opening Quincy College to the community by providing a forum to learn from our faculty on scholarly top-

ics of popular interest," said Dr. Servet Yatin, Provost and Chief Academic Officer of Quincy College. "Our first Scholarly Conversations in January drew close to 100 attendees, which demonstrated the community's enthusiasm for the concept. We are proud that our faculty can continue to share their expertise on such diverse and far-ranging topics."

The College's Scholarship, Teaching and Learning Team—established this past year by Provost Yatin—created this lecture series to advance knowledge in the community through its faculty's research and educational expertise. The third lecture in the series, scheduled for May, will continue to draw on faculty specialties in the areas of psychology, science, and women's literature. More information will be posted at <https://quincycollegelibrary.org/stl> when confirmed.

AAA: MA Gas Prices Down 5 Cents

The average gas price in Massachusetts is down five cents from last week (\$3.34), averaging \$3.29 per gallon. Monday's price is 13 cents lower than a month ago (\$3.42), and 32 cents lower than Feb. 27, 2022 (\$3.61). Massachusetts' average gas price is seven cents lower than the national average.

"The cost for oil accounts for 55 percent of what we pay at the pump,"

said Mary Maguire, AAA Northeast Vice President of Public and Government Affairs, "so higher or lower oil costs will play a major role in the price we pay when fueling up."

AAA Northeast's Feb. 27 survey of fuel prices

found the current national average to be five cents lower than last week (\$3.41), averaging \$3.36 a gallon. Monday's national average price is 14 cents lower than a month ago (\$3.50), and is 24 cents lower than this day last year (\$3.60).

More Quincy news:

The Quincy Sun.com

SUN FUN PAGES

King Crossword

- ACROSS**
- Pirate's chart
 - "Shark Tank" network
 - Clench
 - Misfortunes
 - Monk's title
 - Jeans maker
 - Strauss
 - Grabbed
 - Sailor
 - Opposite of "sans"
 - Lukewarm
 - Soft shoes, for short
 - Eggy quaff
 - Give
 - Limo alternative
 - Orange variety
 - Online auction site
 - "Kapow!"
 - Traditional tales
 - Winter wacs
 - Lauded
 - Balloon filler
 - Little rascal
- DOWN**
- Catcher's aid
 - Skin soother
 - Fall into a soft chair
 - Astern
 - "Dracula" author Stoker
 - Ersatz chocolate
 - Fairy-tale footwear
 - Speed (up)
 - "— had it!"
 - Photo, for short
 - Beseech
 - Speak one's mind
 - 'Big swig
 - Profit
 - Alike (Fr.)
 - Sheltered
 - Jima
 - Activist Parks
 - Twinkler in the sky
 - Venomous viper
 - Campaigned
 - Swimmer without a suit
 - Medico
 - Biz bigwig
 - Prattle
 - New Mexico resort
 - Shrek, for one
 - Garden intruder
 - Georgia or Cal
 - Bassoon's kin
 - Humpty's perch
 - Knock
 - Hosp. scan
 - California's Big
 - I love (Lat.)
 - Craze
 - Evergreen trees
 - Mr. Stravinsky
 - "Apollo 13" org.
 - Panache
 - Tank filler
 - Last (Abbr.)
 - Meadow
 - Spinning toy



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MAGIC MAZE • FAMOUS HORSES

MPMJHFCAYWUBARP
NELJHFRDRBLZUNB
XGVTRETSPAWSHOU
QAOMVOKDCNWSIT
HSFLPDEKOBZOAPT
YUIPWMBIVTRQNM
OSECRETARIATNAR
LRKIAALYDARIHHM
FDFUTRIGGERCACI
ZFTIUCSIBAESXWL
AYCVUSRQONOSLEK

Find the words in the diagram. They run in all directions: forward, backward, up, down and diagonally. Unlisted clue hint: MYTHICAL WINGED HORSE

Affirmed	Champion	Nashua	Swaps
Alydar	Citation	Seabiscuit	Topper
Black Beauty	Kelso	Secretariat	Trigger
Butterfly	Man o' War	Silver	

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sign is different. 2. Drape is shorter. 3. Pole stripes are reversed. 4. Number is different. 5. Hat is moved. 6. Tie is shorter.

Trivia test

- GEOGRAPHY:** Which river flows through the European capitals of Vienna and Budapest?
- SCIENCE:** At what temperature are Fahrenheit and Celsius equal?
- TELEVISION:** The comedy series "Frasier" is a spinoff of which sitcom?
- LITERATURE:** Which novel features a character named Katniss Everdeen?
- FOOD & DRINK:** What kind of beans are used in falafel?
- ANIMAL KINGDOM:** What is a beaver's home called?
- THEATER:** Which musical features a character named Tracy Turnblad?

sical features a character named Tracy Turnblad?

- MOVIES:** Which actress plays the young Wendy Darling in the movie "Hook"?
- HISTORY:** Who invented the game of lacrosse?
- SCIENCE:** What percentage of the world's population has brown eyes?

Answers

- The Danube River.
- 40.
- "Cheers."
- "The Hunger Games."
- Chickpeas or fava beans.
- A lodge, or a den.
- "Hairspray."
- Gwyneth Paltrow.
- Iroquois tribes in the eastern United States and Canada.
- 70%-80%.

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Wishing Well®

2 4 7 4 2 3 6 2 8 4 5 2 5
A A B N L U A E L E S R T
7 8 7 2 4 7 8 2 7 3 5 4 2
R O E T W A V N K N A L E
3 8 2 8 4 6 3 5 3 7 6 4 3
C E S D E S A Y N B U A N
6 2 7 4 2 6 3 6 5 2 5 7 6
C S A D P C Y E F A O D S
2 4 7 8 6 7 2 3 4 3 5 8 3
Y E H O S A S T R I C M M
8 3 6 2 5 7 2 5 8 6 7 6 2
I I F O U B F S N U I L F
5 6 5 3 8 6 8 6 3 8 7 8 7
E D D N A A T Y G E T S S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

Salome's Stars

ARIES (March 21 to April 19) Seeing the silly side of some really ridiculous situations helps give the Lamb a new perspective on how to handle them. Some important contacts can be made this weekend.

TAURUS (April 20 to May 20) Try to complete your outstanding tasks by midweek. This leaves you free to take advantage of new possibilities — both professional and personal — opening up by week's end.

GEMINI (May 21 to June 20) With both your creative side and energy levels rising this week, you should be able to tackle that too-long-neglected project again. A family member might have important news.

CANCER (June 21 to July 22) An explanation you requested seems to be more confusing than enlightening. You should insist on clarifications now, rather than dealing with problems that might arise later.

LEO (July 23 to August 22) Your energy levels might be ebbing a bit. But that's no excuse for taking catnaps when you could be working on those unfinished tasks. There'll be time to curl up and relax by week's end.

VIRGO (August 23 to September 22) It's a good time to get those ideas out of your head and into a readable format if you hope to turn them into something doable. In other news, a good friend is ready with worthwhile advice.

LIBRA (September 23 to October 22) Careful — you might be stepping into dangerous

territory if you decide to exaggerate the facts too much. Remember: The truth speaks for itself and needs no embellishment.

SCORPIO (October 23 to November 21) Although your workplace successes have earned you many admirers, there are some colleagues who are not among them. Be careful how you proceed with your new project.

SAGITTARIUS (November 22 to December 21) You might have to go into great detail to explain why you're currently reluctant to make changes to an already prepared plan. Be sure you have all the facts to back yourself up.

CAPRICORN (December 22 to January 19) Travel plans might still be uncertain. But instead of getting upset about the delay, open yourself up to other possibilities and begin checking out some alternative destinations.

AQUARIUS (January 20 to February 18) Changing conditions might require you to alter some of your plans. While you might be agreeable to this, be prepared with explanations for those who do not want changes made.

PISCES (February 19 to March 20) Although you might have to deal with some detractors who aren't too kind in their critiques, you gain points in your favor when you're willing to stand up and defend your work.

BORN THIS WEEK: You have a gift for creating a warm and loving environment between yourself and others.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

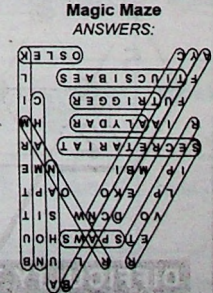
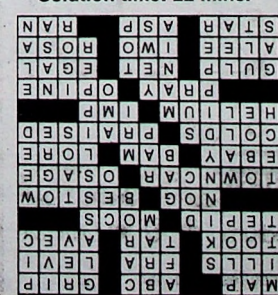
Clue: S equals Z

J LZDP Z NGZSSM GPR UVJSSFM-
NLZXPX ZVPZ VWU, CWH J YPPX
ZDIJKJGU JH. JH'N Z CPZV HI
RZFY IG.

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King Crossword — Answers

Solution time: 22 mins.



CryptoQuip answer:
Walk on, avoiding it. It's a bear! Keep shaped area rug, but I keep I have a snazzy new grizzly!

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HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – Former California governor and Hollywood superstar Arnold Schwarzenegger is starring in “Kung Fury 2,” with Michael Fassbender. He’s also starring in the new action-adventure Netflix series “FUBAR,” with his “Terminator: Dark Fate” co-star Gabriel Luna. The 75-year-old former Mr. Olympia is still in great shape. And don’t forget...as he promised in “The Terminator” – “I’ll be back!”...and back again!

In 1959, a 26-year-old Carol Burnett starred in the musical adaptation of “The Princess and the Pea,” called “Once Upon a Mattress.” I was 13 and hung out at a little candy store next to the Phoenix Theater where “Mattress” was playing. Carol got her coffee at the candy store before her shows, and she’d joke with me and my two friends who were always there. I had a huge crush on her, and when “Mattress” moved to Broadway and she became a regular on “The Garry Moore Show,” I commuted to the tapings. She got me a seat for every Friday show.

One night, I was barred from the studio because they said I was cutting tape by laughing and clapping so that I could hear myself on TV. But what they didn’t know was that I’d meet Carol after dress rehearsal at the Studio 54 coffee shop and she’d tell me where she needed laughter to put over a routine. There I sat, frantic on the floor outside the studio, and

a well-dressed, very handsome guy asked me why. I explained why, and he said, “Wait here – I’ll see what I can do.”

He came back a few minutes later and said he’d vouched for me, and we ended up sitting in the fourth row. When Garry Moore did his audience warm-up, he excitedly introduced a celebrity in the fourth row. “Ladies and gentlemen,” he said, “I’d like you to meet the Yankee Clipper.” Joe DiMaggio stood up and waved, and it was then that I realized he was the man who came to my rescue. After the show, we went to Carol’s dressing room and then to dinner at China Song next door.

On April 26, which will be Carol’s 90th birthday, NBC will celebrate her in a two-hour special, co-starring her famous friends – Julie Andrews, Lily Tomlin, Cher, Bernadette Peters, Katy Perry, Vicki Lawrence, “Annie” star Aileen Quinn and too many more to name.

The special features moments from “Once Upon a Mattress,” “The Garry Moore Show,” “Julie and Carol at Carnegie Hall” and “Mama’s Family” as well as her films “The Four Seasons,” “Pete ‘n’ Tillie” and “Annie.” Of course, it will also feature moments from her 11-year run of “The Carol Burnett Show.”

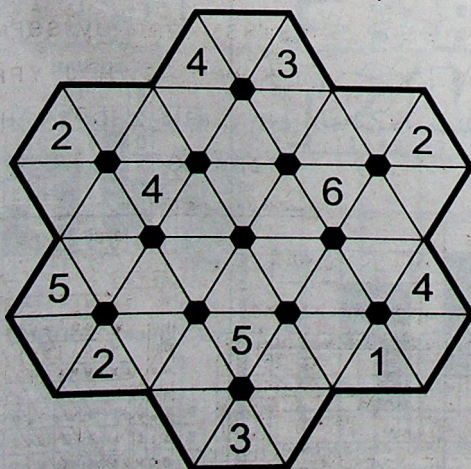
If not for Carol Burnett, I might not be a photojournalist or writing this column now.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		×		21
×		×		×	
	-		×		21
+		-		-	
	-		×		25
17		26		16	

1 3 4 5 6 7 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Lucite – It’s essential for designers to stay on the cutting edge of fashion, which often means finding innovative uses for new materials. Lucite, a clear acrylic resin made by DuPont, was available for commercial use by 1937. By the 1960s, it was used in furniture. Designers often added accents made of smooth, reflective materials like chrome or brass or upholstered their pieces with bright, colorful fabric.

Another way to decorate Lucite pieces involved enclosing decorations, such as flowers, in the resin. The clear, shiny material made designs – and the rooms they furnished – look lighter. Some Lucite pieces were made in unusual shapes and styles. Others were more conventional, like this mid-century steamer trunk, which sold at New Orleans Auction Galleries for \$531. This may have an advantage over typical wooden or leather trunks: The clear material means you don’t have to open it to see what’s inside!

Q: What is the difference between cut glass and pressed glass? Which is more valuable?

A: Cut glass is an ancient technique that was revived in Europe in the 1500s. Cut and engraved designs added luster to the glass and helped hide flaws like bubbles. Mold-blown glass used easier and cheaper techniques to imitate cut glass. The mechanical glass press was invented in the 1820s, making production even simpler and less expensive. To tell the difference between cut glass and pressed glass, remember the three Ls: look, lift and listen. Cut glass designs have sharp edges, so they sparkle more

than pressed glass, which has rounded edges. When you pick up a cut glass item, it will feel heavier than a similar piece of pressed glass. Tap your finger against a piece of cut glass and it will ring with more clarity than pressed glass. Cut glass is usually more expensive than pressed glass, but current prices vary from under \$20 to thousands of dollars. Cut glass with a signature or famous manufacturer like Baccarat or Waterford tends to sell for higher prices. Embellishments such as silver mounts or colored glass can further increase the price.

TIP: Liquid window cleaner is an excellent jewelry cleaner.

CURRENT PRICES

• Doll set, Effanbee, Suzette, George and Martha Washington, white wigs, painted faces, blue side-glancing eyes, 11 inches, pair, \$55.

• Poster, Imagination Celebration, two figures in hot air balloon, monster and horned dog seated on ground, starry sky, multicolor, Maurice Sendak, Kennedy Center for the Performing Arts, frame, 13 1/4 x 10 inches, \$125.

• Furniture, stand, magazine, Stickley Brothers, oak, No. 6617, four shelves, notched crest, circular cutouts, two vertical slats on back, paper label, 49 1/2 x 14 x 12 inches, \$2,340.

• Satsuma porcelain figurine, Kwannon, standing, holding lotus blossom, multicolor robes, red mark, signature, early 20th century, 15 inches, \$2,560.

For more collecting news, tips and resources, visit www.Kovels.com

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STICKELERS

by Terry Stickels

Which one of the five words below does not belong with the others?

ENTRAPMENT
ENTREPRENEUR
ENTERTAINMENT
ENTANGLEMENT
ENTICEMENT

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Strange BUT TRUE

• In 2015, a study found that having more than 10 trees on their block made folks feel as healthy as if they were seven years younger or made an additional \$10,000 a year.

• The medical term for ice cream headache is sphenopalatine ganglioneuralgia. Now you know why we call it an ice cream headache or brain freeze.

• In the NHL, if both the goalie and backup goalie are unable to play, the team can substitute any available goalie who isn’t bound by a professional contract with another team. To date, such replacements have included an accountant, a facilities manager and an equipment manager.

• A course called The Science of Batman was offered at the University of Victoria in Canada in 2016, with the design of examining “how the human body can be adapted and improved based on the metaphor of the caped crusader himself.”

• While still a teenager, Dasia Taylor used beet juice to develop surgical sutures that change color to indicate an infection.

• The ant-eating assassin bug piles its victims onto its body to scare predators.

• In 1829, some Victorians were gripped with pteridomania, or “fern fever,” and began eagerly collecting the plants after botanist George Loddiges spread the (quite unsubstantiated) claim that they could not only improve mood, but increase both intelligence and virility.

• Asia is bigger in surface area than the moon.

• Ever heard that old claim that watching scary movies will help you burn calories because they get your heart racing? Sorry, but the “study” that produced this finding was meant more for publicity than to be taken seriously. You’re more likely to burn the same amount just by lounging on your sofa...and watching something like, say, “Bambi.”

Thought for the Day: “Action speaks louder than words but not nearly as often.” – Mark Twain

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Now here’s a tip!

by Jo Ann Derson

• “Revive the look of indoor plant leaves by rubbing the leaves with mineral oil on a soft cloth. Just wipe nicely, and it makes a big difference. Through the years, I have used this tip for both my real plants and plastic plants.” – J.D. in Alabama

• Lime juice and vinegar both make good meat tenderizers. You can purchase tougher cuts of meat, season with spices and lime/vinegar and marinate for 10-15 minutes before cooking. It is a great way to ease your meat budget. Steaks are getting expensive!

• “To make onion rings easier to cut (less stinging eyes) and to have the layers separate better when making onion rings, I put my onions in the freezer for about 10 minutes before peeling. They don’t freeze, but they do get nice and cold.” – O.F. in Florida

• Looking for a more natural way to clean? Here’s two for the bathroom: Clean chrome with baking soda on a soft, damp cloth. Follow up with vinegar for some shine. Spray lightly and wipe away with a clean cloth.

• “Men: Make your own after-shave. Thin a bottle of baby lotion with a little rubbing alcohol. Put in a hand lotion bottle, and use half a squirt. No sting, and soft, smooth skin.” – T.G. in Illinois

• Add a single teaspoon of rice to the saltshaker in order to keep too many grains of salt from coming out at a time.

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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Go Figure!

answers

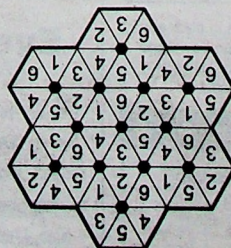
16	26	17
25	5	9
	+	
21	7	8
	×	×
3	21	1

Stickelers Answer

ENT and with ENT. Entrepreneur doesn’t belong with the others. All of the other words start with the

SNOWFLAKES

solution

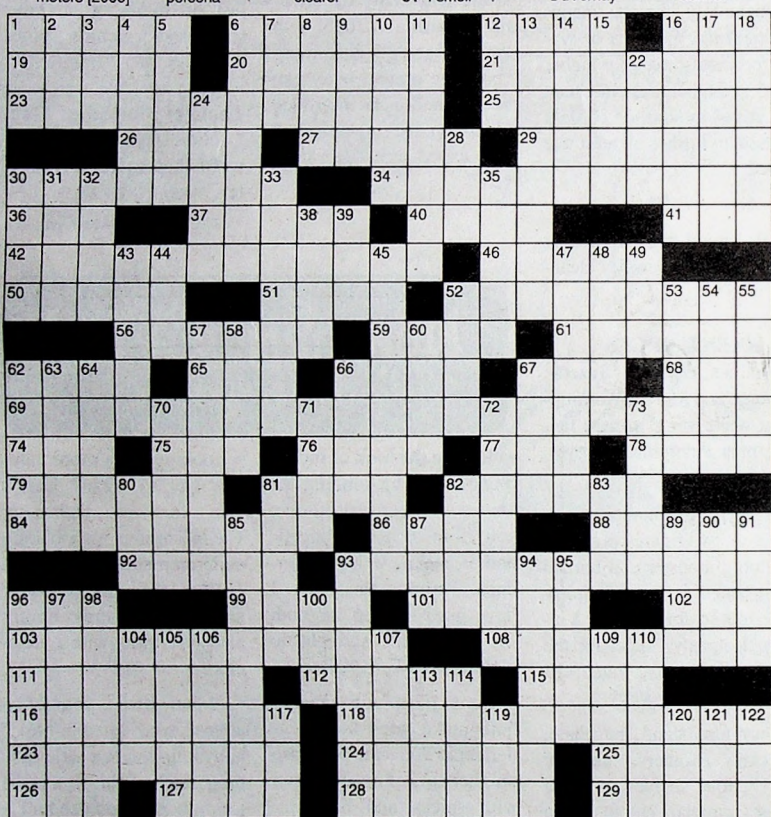


Super Crossword

TORCHBEARERS

ACROSS

- 1 Bell sounds
6 Headwear for the slopes
12 Dinner, e.g.
16 Truckload
19 Politico Palin
20 14th-century sculptor
21 Impala, e.g.
23 Pairs figure skater who won 10 consecutive world titles [2014]
25 Frozen cube producer
26 Figure skater Michelle
27 "Hack My Life" channel
29 Pooh creator
30 Stimulus for a reaction
34 "The Greatest" boxer [1996]
36 Spanish gold
37 Alley Oop's girlfriend
40 "Please reply" abbr.
41 Barrett of Pink Floyd
42 Australian sprinter who specialized in the 400 meters [2000]
- 46 Fabled man?
50 Confounded
51 Tiny division of a min.
52 First female figure skater to land a triple axel in competition [1998]
56 Sports-caster Bob
59 Nearly dried-up sea
61 Shot glass
62 Uninteresting
65 Prefix with athlete
66 Imitator
67 Opponent
68 Peace activist Yoko
69 What this puzzle's featured athletes did in the years indicated
74 "As I see it," to texters
75 O'er and o'er
76 Stared at
77 NHLer Bobby
78 "It comes — surprise..."
79 It's hit in a fiesta
81 Lavish dance
82 "Up in Smoke" persona
- 84 Phoenix Suns point guard who was the 2005 and 2006 NBA MVP [2010]
86 Not on time
88 Pope's crown
92 Trial excuse
93 1950s-'60s champion decathlete [1984]
96 Here, in Paris
99 Icelandic literary saga
101 Some jazz combos
102 Solder metal
103 Alpine skier voted Canada's female athlete of the 20th century [2010]
108 Salad endive
111 Go places
112 Monte —
115 Physically fit
116 All by oneself
118 Hockey player voted Canada's male athlete of the 20th century [2010]
123 Windshield condensation clearer
- 124 Major South Korean airline
125 Twinkie filling
126 Suffix with end of a foot
127 Award for Japan
128 Hanked
129 Braga of film
- 32 Little children
33 Thing at the end of a foot
35 To no — (in vain)
38 Reduced by
39 "Botch" — (1952 hit)
43 "Notorious" screenwriter Ben
44 Ex-Rocket
45 Without instrumental backup
47 Stay a while
48 Large bay window
49 Porker
52 Artist Chagall
53 Some horror film helpers
54 Mortise insert
55 Maine city
57 Singer Gwen
58 Jogging gait
60 Actress Tara
62 Radar spots
63 Ceiling
64 Make up for
66 — nitrite (vasodilator)
67 Game similar to baccarat
70 Ritz or Hilton
71 "You bet!"
72 Social circle
73 Singer Bobby
80 Director
81 Back of a 45
82 Suffix with prank or mob
83 Ordinal suffix
85 Scottish port on the North Sea
87 Sternward
89 Concerning
90 Muddy up
91 Diarist Frank
93 Skedaddled
94 Voice of Olaf in "Frozen"
95 Award for Mel Brooks
96 Not outdoors
97 Brings about
98 Wages
100 Nov. follower
104 251, to Ovid
105 Matzo's lack
106 Arrive at
107 Wipe clean
109 Baldwin and
110 Back in style
113 "You ain't —" ("Amen!")
114 Put — act
117 Uninteresting
119 Arizona-to-Kansas dir.
120 Buddhist sect
121 Chiang — shek
122 Singing Sumac



celebrity extra

by Dana Jackson

Q: Whatever happened to Patricia Heaton? She had two very successful sitcoms, but I haven't seen her in anything since. Is she retiring from acting? — L.A.

A: The talented Patricia Heaton has been blessed to star in not only one but two hit sitcoms in her life. She played exhausted wives on both "Everybody Loves Raymond" and "The Middle" for nine seasons each and then starred in "Carol's Second Act," but it was canceled after just one season.

Now she's bouncing back with another sitcom, which is yet to be named, with veteran comedy writers Carol Leifer ("Seinfeld") and Andy Gordon ("Modern Family"). According to Deadline.com, Heaton will play "the host of an upscale lifestyle show sent to prison for embezzlement and tax evasion. She gets out after two years, forgotten and broke, and moves to Tennessee to live with her estranged sister."

The show will be filmed in Nashville, where Heaton has a residence, and will air on Fox. The only thing stopping it is the potential of a writers strike if negotiations with the Writers Guild of America come to a halt when their contract is up for renewal in May.

While there aren't as many network sitcoms as there used to be, the few that have premiered in recent years have generated quite a loyal audience. "Abbott Elementary," "Ghosts" and "Night Court" all have already been renewed for another season before their current one has been completed.



Patricia Heaton ("The Middle" and "Everybody Loves Raymond")

Photo Credit: Depositphotos

Q: I remember when Chrishell Stause was a soap opera actress, but now she's on a reality show. Is she ever going to act again? — N.S.

A: Chrishell Stause, who hails from Kentucky, made her acting debut on the ABC soap "All My Children" back in 2005. She went on to play Jordan on "Days of Our Lives" and Bethany on "The Young and the Restless," the latter soap in which she starred with her husband at the time, Justin Hartley. She supplemented her acting revenue by getting her real estate license and joined the Opentheim Group, selling mansions in Hollywood and being featured on Netflix's "Selling Sunset."

Justin Hartley became a household name with the hit drama "This Is Us," but he broke Stause's heart when he left her for another former "Y&R" star, Sofia Pernas. Stause was chosen to compete on "Dancing With the Stars" and is five seasons into "Selling Sunset," but she hasn't given up acting — she recently starred in the Lifetime movie "A Rose for her Grave: The Randy Roth Story."

Q: Is it true that "Titanic" is returning to theaters? Is it a remake? Who will play the leads? — S.M.

A: No remake is on the horizon, but the original "Titanic" has been remastered and made its way to theaters this February. James Cameron, director of the Oscar-nominated blockbuster "Avatar: The Way of Water," has redelivered "Titanic" to the big screen for its 25th anniversary with stars Leonardo DiCaprio and Kate Winslet. The running time is 3 hours and 15 minutes, which was an anomaly back in 1997.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

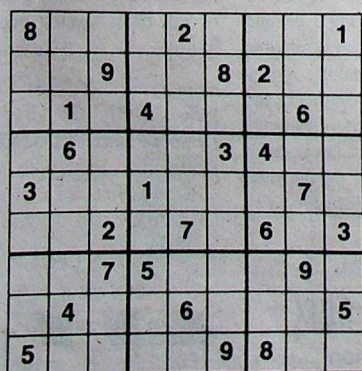
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|---------|-------------------|---------|
| 1. Colt's sister | — I — | Fulton's | — O — |
| 2. Ringo, for one | — A — | VW car | — E — |
| 3. Agree to take | — — P — | Twang | — — N — |
| 4. Cowboy's garb | — — P — | Disorder | — — O — |
| 5. Proficiency | — — I — | Noggin | — — U — |
| 6. Inconsistent | F — — — | Former cucumber | P — — — |
| 7. — Pyle | — — — R | Singer Selena | — — — Z |
| 8. Hotel guest | — O — — | Accountant's book | — E — — |
| 9. Push | — — O — | Remove whiskers | — — A — |
| 10. Goliath's opponent | — — — D | Actress Bette | — — — S |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

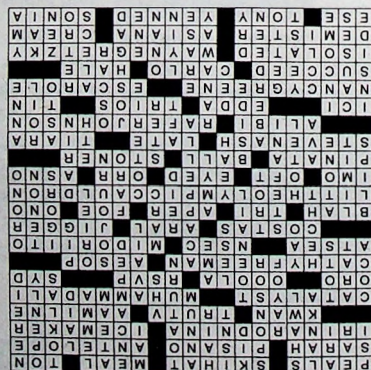
DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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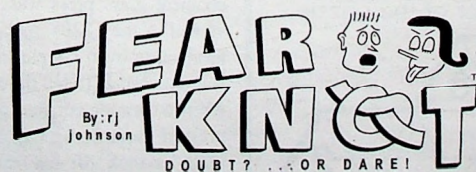
Super Crossword

Answers

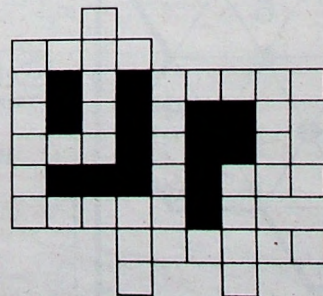


Even Exchange answers

- | | |
|-------------------|-------------------|
| 1. Filly, Folly | 5. Skill, Skull |
| 2. Beetle, Beetle | 4. Chaps, Chaos |
| 3. Accept, Accent | 8. Lodger, Ledger |
| 7. Gomer, Gomez | 9. Shove, Shave |
| 6. Fiddle, Pickle | 10. David, Davis |



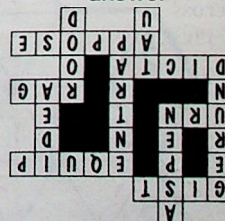
- UTA
♥ NARPET
♥ UQEPI
STIG
DUGNER
♥ ARG
♥ DROO
TACID
♥ NRU
PEASOP
♥ SNEAP
♥ EIAD



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



answer



Weekly SUDOKU

Answer



Amber Waves

SON, I HOPE YOU'VE TAKEN MY ADVICE AND SET ASIDE FOR RETIREMENT.

YOU NEED TO BE THINKING ABOUT YOUR FUTURE.

I SURE AM. IS THAT WHAT YOU'RE DOING AS WELL?

ARE YOU KIDDING? AT MY AGE I'M MORE JUST REFLECTING ON THE PAST.

by Dave T. Phipps

Out on a Limb

THE REAR END IS NEAR!

LOOKS, SHARON, IF YOU DON'T WANT ME AT YOUR LITTLE DOOMSDAY PROTESTS, JUST SAY SO.

by Gary Kopervas

Americanisms

"I've failed over and over in my life, and that is why I succeeded."
— Michael Jordan

Just Like Cats & Dogs

THE WAY I SEE IT, I WAS HOPELESS WHEN MY WIFE MET ME. I'M SIMPLY JUST STAYING TRUE TO FORM.

by Dave T. Phipps



Clicker Training Can Help Your Dog Love to Learn

DEAR PAW'S CORNER: What is the value of training dogs using a clicker? I have tried using a clicker to train my dog Atlas, but he didn't listen very well. When should I click at him - when he's misbehaving? Or when he's doing something right? And how can he tell? - John H., Springfield, Massachusetts

DEAR JOHN: Clicker training, or "mark and reward" training, can seem almost magical in terms of how quickly and enthusiastically a dog learns. But that magic only happens when it's being done correctly. Basically, you press the clicker device when your dog does precisely the thing that you are trying to train him to do. And you follow up immediately (like, within a second) with a

reward - usually a little bit of a treat. So, here's how it is done: - Decide on one behavior that you want your dog to learn in your training session. Start with a basic behavior, like "sit," "come here," "lie down" or "give paw." - Give Atlas the command. If he doesn't follow the command, don't click. - As soon as he follows the command, click once and give him a little treat. - Repeat the process again and again until he follows the command immediately. By associating the clicker noise with a command and a reward, Atlas will quickly build a positive association with the command. This works for many types of training, from basic obedience to agility to job-specific commands. But you start with just one command at a time. Also, consider working with a trainer, either one on one or in a group training setting. You'll pick up many training skills quickly. It's worth the investment. Send your tips, comments or questions to ask@pawscorner.com. © 2023 King Features Synd., Inc.

WORD LADDERS

Can you go from COINS to SPIES in 6 words? Change one letter for each rung in the ladder.

corked

stored

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... and you call yourself a _____!

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Laugh

STORN

Bog

WEALS

Avoid

GEDDO

Pilfer

CHAPO

TODAY'S WORD

STREAMING SOURCE

Here's what to watch and where to watch it for the week of March 6, 2023

- ON NOW: "Triangle of Sadness" (R) - Hulu
- 6-March: "Perry Mason" (Season 2) - HBO Max
- 6-March: "History of the World, Part II" (Limited Series) - Hulu
- 8-March: "MH370: The Plane That Disappeared" (Documentary) - Netflix
- 9-March: "You" (Season 4) - Netflix
- 9-March: "School Spirits" (Season 1) - Paramount+
- 10-March: "Luther: The Fallen Sun" (R) - Netflix
- 10-March: "Outlast" (Season 1) - Netflix
- 10-March: "Chang Can Dunk" (PG) - Disney+
- 10-March: "UnPrisoned" (Season 1) - Netflix

Micro Crossword By Elizabeth C. Gorski

Across

1 Press pass info

5 A king of Norway

6 Cary's co-star in "To Catch a Thief"

7 Parent, to a Parisian child

8 Broadway productions

Down

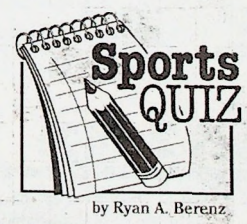
1 "Don't Know Why" singer Jones

2 1836 Texas siege site

3 Colorful bird with a curved beak

4 _____ out (becomes level)

6 Baseball VIPs



by Ryan A. Berenz

- The media center at the U.S. Open Tennis tournament is named in honor of what flamboyantly dressed journalist and sportscaster?
- What 1972 arcade video game from Atari was based on table tennis?
- Bucky the Bison is the official mascot of what Patriot League university's athletic programs?
- What document sold for \$4,338,500 at a Sotheby's auction in December 2010?
- Name the French road cyclist who won 10 Grand Tour races, including five Tour de France victories, from 1978-85.

- Former Major League Baseball pitcher Roberto Hernandez went by what name before his visa from the Dominican Republic was discovered to be fraudulent in 2012?
- According to Abe Simpson (voice of Dan Castellaneta) in a 1995 episode of "The Simpsons," what NFL great has "a haircut you could set your watch to"?

Answers

- Bud Collins.
- "Pong."
- Bucknell University.
- James Naismith's original rules of basketball.
- Bernard Hinault.
- Fausto Carmona.
- Johnny Unitas.

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Micro Crossword Answer

S	M	O	H	S
N	A	M	A	M
E	A	C	E	
V	L	O		

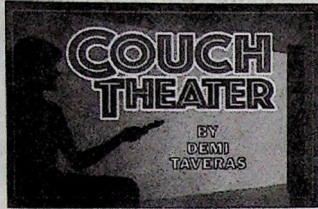
WORD LADDER Answer

CHORED, SHORED, STORED, CORKED, COOKED, CHOKED

SCRAMBLERS solution

WATCHDOG Today's Word

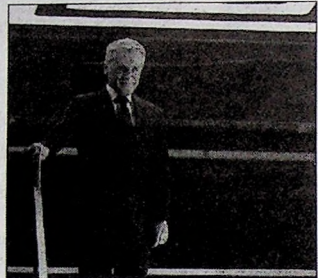
MORE SUN FUN



"Shrinking" (TV-MA) — Therapist Jimmy Laird (Jason Segel) is grieving the loss of his wife and the void she left behind, especially her role as a mother to their daughter, Alice. Since his job mostly consists of making other people feel heard, Jimmy tries his best to swallow his feelings and continue to help his clients. But at a certain point, there's only so much a person can take. So, one day, Jimmy decides to stop holding back his tongue and tells his clients exactly the kind of tough love they need to hear. Is it ethical? Eh. But does it make a difference? Definitely. With this new approach, Jimmy is able to start working through his own grief while assisting others to do the same. The first six episodes of the series are out now, with the upcoming four releasing weekly in the coming days. (AppleTV+)

"The Consultant" (NR) — Academy Award winner Christoph Waltz ("Django Unchained") stars in this bingeable comedy thriller series out now. Waltz plays Regus Patoff, a consultant who gets hired to head the mobile game studio CompWare after CompWare's CEO gets murdered mysteriously. Regus' job as consultant is to "observe, streamline and improve," but he starts shaking up the office in a way that confuses and intrigues the studio's employees. His oddness provokes two employees, Craig and Elaine, to start questioning his motives and his ties to the CEO's death, as Regus broadens the lengths

necessary for them to keep their jobs. Nat Wolff ("The Fault in Our Stars") and Brittany O'Grady ("The White Lotus") also star in this twisty series, which was originally based on Bentley Little's 2015 novel of the same name. (Prime Video)



Courtesy of Prime Video

Christoph Waltz is Regus Patoff in "The Consultant."

"Perfect Match" (TV-14) — Move over, "Love Island" and "Too Hot to Handle." Hosted by Nick Lachey, this new series is adding an extra layer of drama to an already dramatic premise — a reality dating show. A group of contestants staying at a villa must pair up among themselves to share a suite together each night, but the contestants who win at the daily challenges get control of the board, which gives them the power to break other couples up or bring in new people. At the end of their time in the villa, the participants themselves will decide which couple is truly a perfect match. As if that isn't enough chaos, most of the participants have already been featured in other reality dating shows like "The Circle" and "The Ultimatum," so this isn't their first rodeo. The first eight episodes are available to stream now, with the last four premiering Feb. 28. (Netflix)

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Contract Bridge

THE CURSE OF SCOTLAND

South dealer.
Both sides vulnerable.

NORTH		EAST	
♠ K Q 8 4		♠ 7 6 2	
♥ A 10 7 5		♥ 8 4	
♦ 3		♦ 9 6 4 2	
♣ 9 6 5 2		♣ A J 10 3	
WEST		SOUTH	
♠ J 9 3		♠ A 10 5	
♥ J 9 3		♥ K Q 6 2	
♦ A K Q J 10 5		♦ 8 7	
♣ 7		♣ K Q 8 4	

The bidding:
South 1♠ West 1♦ North 2♦ East 2♦
3♥ Pass 4♥
Opening lead — seven of clubs.

For reasons no one is quite sure of, the nine of diamonds is sometimes referred to as "The Curse of Scotland." One side's curse, however, might prove to be the other side's good fortune. That was precisely the case in this deal, where the dreaded nine took its toll on the declarer but worked like a charm for the defense.

The deal occurred in the quarterfinals of the 1988 Spingold Knockout Teams. North's double of one diamond

was "negative," promising two four-card majors, after which South ended up in four hearts.

West, Lew Stansby, led the seven of clubs, and East, Chip Martel, won with the ace. Fully expecting the club lead to be a singleton, Martel returned the club three.

Ostensibly, the three of clubs was a suit preference signal, directing West to return the lower-ranking of the two remaining suits. In this case, the two suits were spades and diamonds, and Martel did not have much to shout about in either one. However, his diamonds were just the slightest bit better than his spades.

After ruffing South's king of clubs at trick two, Stansby no doubt eyed his 150 honors in the suit and wondered how East could be asking for a diamond return. But partnerships like this are made of strong stuff. So Stansby, demonstrating complete faith in his partner, returned the diamond five, and that was that. Martel won the trick with the nine and gave West another club ruff to set the contract.

If West had not undertaken his diamond honors at trick three, South would have made the contract, eventually discarding his losing club on dummy's fourth spade. But against a daring defense possessed of "The Curse of Scotland," he didn't have a ghost of a chance.

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by Steve Becker

Puzzles4Kids by Helene Hovanec

RIDDLE SEARCH — BUG OFF!

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **What do insects learn at school?**

APHID	D	M	O	T	A	D	A	C	I	C
ARMYWORM	A	R	M	Y	W	O	R	M	U	H
BEETLE	T	N	A	E	R	I	F	T	D	O
BUMBLEBEE	E	G	E	G	C	F	W	B	I	T
CICADA	N	N	M	K	O	O	L	E	H	I
CRICKET	R	A	E	A	R	N	T	E	P	U
CUTWORM	O	T	I	M	C	G	F	T	A	Q
DRAGONFLY	H	S	I	F	R	E	V	L	I	S
FIRE ANT	L	O	C	U	S	T	S	E	Y	O
FLEA	E	E	B	E	L	B	M	U	B	M
GNAT										
GRUB										
HORNET										
LOCUST										
MOSQUITO										
SILVERFISH										

Riddle answer: _____



Statins and Thiazides Acutely Increase Blood Sugar, Risk of Diabetes

DEAR DR. ROACH: My question regards the results of my fasting glucose tests for the past couple of years. I am 81 and weigh around 150 pounds. The medications I am taking concern me, with relevance to the A1C levels of my quarterly blood work. My A1C levels have mostly been near mid-5%; the last showed 6%. Medications relevant to this that I am suspicious of are 100-12.5 mg of losartan/hydrochlorothiazide (HCTZ) and 20 mg of simvastatin. I have read that these medications can have an effect of raising blood glucose. My doctor is adamant that this does not exist, but it seems to me that there is a conflict on this.

Should I perhaps ask him to change those medications because of my blood sugar? I am concerned about issues with the thiazide and the statin. -- P.R.

ANSWER: There isn't a conflict. You are absolutely right that both simvastatin (like all statins) and HCTZ (like all thiazides) increase blood sugar and the risk of diabetes. The risk, however, is small. For thiazides, the risk of high blood sugar seems tied to potassium levels — the lower the potassium, the higher the risk of diabetes. Interestingly, the losartan in combination with the HCTZ you are taking tend to raise potassium levels, so that combination may have a lower risk of worsening blood sugar levels than taking HCTZ alone. You are already taking the smallest effective dose of thiazide.

The risk of statins seems greater in higher doses and with more potent statins, like atorvastatin and rosuvastatin; however, the risk is still small. About one person in 100 treated with a high-dose intensive statin, such as 40 mg of atorvastatin for five years, would be expected to get diabetes, while a dosage of 20 mg of simvastatin would be expected to

The conflict isn't whether the increased risk exists (it does), but whether the treatments to prevent heart attack and stroke are worth the increased risk. For nearly all people, the benefit of keeping blood pressure and cholesterol under control greatly outweighs the small increased risk of diabetes.

Given your normal A1C level, I would say your risk is low, and I do not generally recommend changing treatment based on your concern over blood sugar. ***

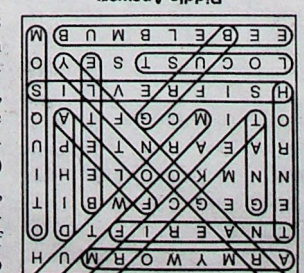
DEAR DR. ROACH: I am a 64-year-old man who recently had an ultrasound of my kidney to rule out any kidney stones. The ultrasound was negative for stones, but the radiologist noted a 2.3-cm echogenic nodule in the right lobe of my liver. The final impression was an incidental hemangioma in the liver. I was concerned, so I received an AFP (alpha-fetoprotein) test, which came back at 1.8 ng/mL.

Is an echogenic nodule/incidental hemangioma a reason to have further testing? -- M.S.

ANSWER: Sensitive imaging studies, especially CT scans and MRIs, often reveal abnormalities that lead to a quandary of whether to get additional testing. For a mass found in the liver by ultrasound, if it is less than 3 cm and meets the radiologic criteria for a hemangioma, no further testing needs to be done in people at low risk for liver cancer (such as people with hepatitis C or cirrhosis). As long as these hemangiomas cause no symptoms, they do not get treated.

The alpha-fetoprotein test is a blood test that, when producing abnormally high results, helps signify several types of cancers, including hepatocellular carcinoma (classic liver cancer) as well as germ cell tumors (cancers of the reproductive cells, which usually occur in the gonads but can occur in the liver or elsewhere in the body). Your level is normal and not concerning.

Mathematics.
Riddle Answer:



SENIOR NEWS LINE

by Matilda Charles

Shrinkflation: Beating Them at Their Own Game

"Shrinkflation." That's a word that's been in the news lately, and one that we need to pay attention to.

We know prices are increasing on our groceries. We see it every time we look at the price tags on the shelves when we shop, and certainly at the checkout. But shrinkflation is a different thing and can be harder to spot. Shrinkflation is sneaky price increases.

In shrinkflation, the prices don't go up, but what we get comes down. This is impacting most things across grocery stores, including dairy, shampoo, meats, frozen foods, toilet paper, pet food, pastries, candy bars, laundry detergent, sliced cheese, tea bags ... well, everything.

Example: The price of a can of beans stays the same, but we get fewer ounces. Example: The price of a loaf of bread stays the same, but it's smaller. Same with cereal, which you'll have noticed when the box sizes changed.

In my case, one particular item (frozen meatballs) at my local store dropped from 64 meatballs to 56 ... fewer for the same money.

Keep an eye on the unit pricing on the tag on the grocery store shelf. Yes, it's in tiny print (which is one reason to carry a small magnifying glass at all times), but the numbers will tell you the unit price per fluid ounce, pound or count. Over time you'll be able to see if you're getting less for your money.

Look at generics to save money (and, in many cases, get a better product) or just change brands. Buy more than one if the price is good, but watch the expiration dates.

Lastly, consider signing up for a store's loyalty card if you get cash benefits for doing so, and sign up for the emailed weekly sales flyer to shop from.

By shopping carefully, we can beat them at their own game.

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1. Name the group that had a Top Ten hit with "Let Me Love You Tonight."
2. What was Billy Joel's first No. 1 chart topper?
3. Where did Gogi Grant get her first name?
4. Name the artist who wrote and released "Against the Wind."
5. Name the song that contains these lyrics: "I want you to come back and carry me home, Away from these long, lonely nights."

Answers

1. Pure Prairie League, in 1980. Vince Gill sang lead before launching his solo career as a country singer.
2. "Just the Way You Are," in 1977. The song took two Grammy awards for both Record of the Year and Song of the Year in 1979.
3. A record producer changed her first name to Gogi, after the name of a restaurant. Her hit "The Wayward Wind" stayed at the top of the charts for six weeks in 1956.
4. Bob Seger, in 1980.
5. "All Out of Love," by Air Supply, in 1980. The first line of the chorus was originally written as "I'm all out of love, I want to arrest you" but the group was convinced to change it to "I'm all out of love, I'm so lost without you."

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Puzzles4Kids

More Presidents' Day Winterfest Scenes

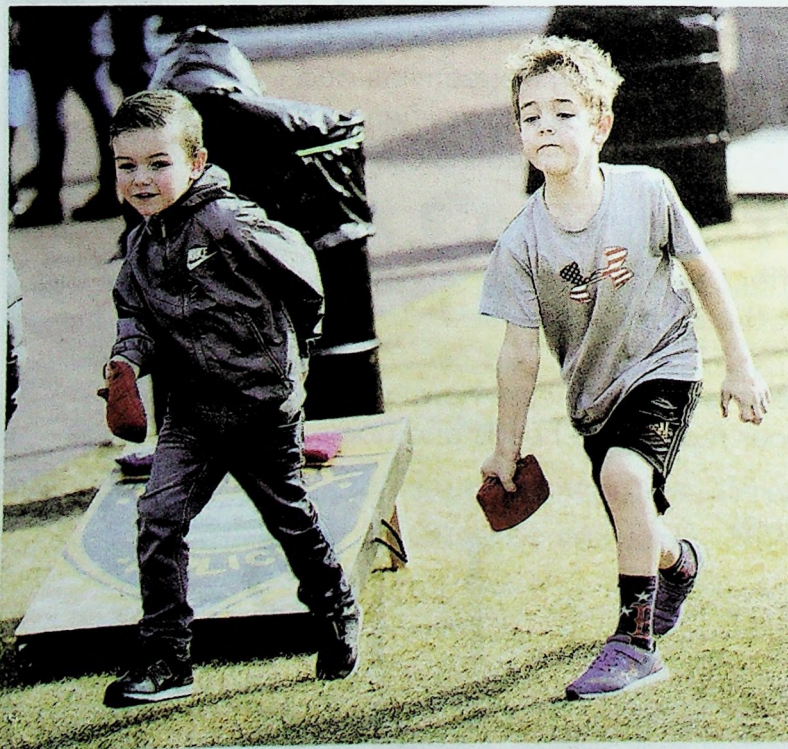


MUSICAL ENTERTAINMENT AT the City of Quincy's Presidents' Day Winterfest celebration Feb. 20 included Brendan Ryan from NBC's *The Voice* (left) and "No Static" - a Steely Dan Tribute Band. The acts performed under a tent on the Adams-Hancock Common.

Quincy Sun Photos/Robert Bosworth



JONATHAN BREINDEL, also known as "Jolting Jonathan" of Mad Science of Southern MA and RI, educated young and old alike about dry ice. Above he shows how a pair of scissors touching dry ice (the solid form of carbon dioxide) demonstrates sublimation - causing the dry ice to change from a solid to a gas (carbon dioxide) very quickly. Dry ice is called "dry" because it never enters a liquid state as it melts, unlike ice, which melts into liquid water. At right, a youngster is amused as dry ice is placed into water and water vapor escapes. When dry ice is added to warm water a dense white fog is immediately generated. The white fog is an aerosol of tiny water droplets just like fog created naturally.



YOUNGSTERS ENJOY a game of corn hole on the Hancock-Adams Common during the City of Quincy's Presidents' Day Winterfest Feb. 20.



SASHA THE FIRE gypsy heats up the afternoon as a crowd of several hundred people watches her performance that combines dance, choreography, theatrics, contortion and acrobatics. Before starting her demonstration she warned those gathered do not try this - leave it to a professional.

FINANCIAL FOCUS: Watch Out For Tax Season Scams

It's that time of year when we do our taxes — but it's also the same time that tax scammers go to work. What scams should you watch for — and how can you avoid being victimized?

Sadly, the list of scams is pretty long, including demands for payment or requests for "additional information" pertaining to your tax refund, in which the sender asks for your Social Security number and other personal information. These scam emails can look quite official, often incorporating the IRS logo. You might also receive scam text messages containing bogus links claiming to be the IRS website or an online "tool"



MARIE O'RIORDAN KELLY

that can help process your refund faster.

But keep these points in mind:

- The IRS generally won't contact you by phone

and won't contact you by email, text messages or social media channels to ask for personal or financial information. The IRS begins most correspondence to taxpayers through regular mail delivered by the U.S. Postal Service.

- The IRS won't call to demand you make an immediate payment through a prepaid debit card or wire transfer. If you owe taxes, the IRS generally will mail you a bill. And the IRS won't threaten to bring in the police or another law enforcement group to arrest you for not paying your taxes.

In general, be extremely skeptical about any type of

communication purporting to be from the IRS that sounds bullying or over-inquisitive — and certainly don't give out any personal or financial information. But these fake messages aren't the only tax-season scams out there. You might even receive a direct deposit from what appears to be the U.S. Treasury Department — but if you weren't expecting it, something's likely not right. This payment could be a sign that a fraudulent tax return was filed in your name, and it might be followed by a communication from a supposed IRS agent requesting this overpayment be sent to them. If this happens to you, you'll want to

contact the IRS right away, and you could also ask your bank to return the deposit to the government.

Other scams don't claim to originate directly from the IRS, as scammers pretend to be from real or imaginary tax organizations. For example, you could get a message from the Taxpayer Advocate Service, an independent organization within the IRS, but this agency won't contact you without a legitimate reason. Or you could receive a message from the nonexistent "Bureau of Tax Enforcement." Your best bet is to delete these messages immediately or send them to your spam folder.

Not all tax season scams originate from fraudulent IRS representatives or fake agencies. You also need to be careful about whom you hire to prepare your taxes. If possible, get a recommendation from a trusted friend or family member. And keep

in mind that a legitimate tax preparer must have a valid Preparer Tax Identification Number and must sign your tax return. If someone doesn't have this number or is reluctant to sign your return, it may well be a sign that this individual is a "ghost preparer" who only wants to pocket your fee.

Tax scammers are, unfortunately, here to stay — but remaining vigilant can help you keep them from causing problems for you in this tax season and all the ones in the future.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Edward Jones, Member SIPC

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'Remember The Ladies' Tea, Presentation Saturday

In honor of Women's History Month, Mayor Thomas Koch invites the community to celebrate the legacy of First Lady Abigail Adams and salute the accomplishments of five remarkable Quincy women from the fields of arts and culture, non-profit, health and wellness, education and history.

Hosted by Emmy Award-winning 7News Reporter Kimberly Bookman, the

presentation and afternoon tea will be held on Saturday, March 4th at the Quincy High School Auditorium, 100 Coddington St., from 1 to 3 p.m. with honorees including Manet Health Chief Executive Officer Cynthia Sierra, Quincy Public Schools Assistant Superintendent Erin Perkins, Quincy Community Action Programs Chief Executive Officer Beth Ann Strollo, Quincy Choral So-

ciety Music Director Sarah Labrie and a remembrance of Abigail "Nabby" Adams Smith, daughter of John and Abigail Adams, by Massachusetts Historical Society's Adams Papers Editor in Chief, Sara Martin. The event is free to the public.

"Abigail Adams was one of the most important women of her generation," said Mayor Koch. "Women's History Month is a perfect time to celebrate some re-

markable women here in our community, women who make a difference every day contributing to the quality of lives for each of us. We celebrate Abigail's legacy in the spirit of each of these women."

For free ticket information, visit QuincyMa.gov/SpecialEvents and follow the City of Quincy across social media and quincyma.gov.

NQHS Class Of 1973 Reunion Nov. 25

North Quincy High School Class of 1973 will hold its 50th class reunion Saturday, Nov. 25 at the Tirell Room, 254 Quarry St., Quincy.

The reunion will include dinner and dancing.

Tickets are \$75 per person. Contact Jo-Ann Bragg at siesta313@hotmail.com to confirm your reservation.



Voted Best of Quincy 2022 Let me show you why!

With 15 years of Real Estate experience and 55 Quincy transactions in 2022 alone, my local market knowledge will ensure you get the results you want.

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